

Energy Saving Top Tips

Not Costing the Earth



HOMES FIRST

Working together to reduce our carbon footprint

Saving energy means saving money, so helping to protect the planet also makes financial sense.

Here are some easy ideas and tips to remember to help lower your costs, reduce your energy consumption, and decrease your carbon footprint:

Cooking

- Slow cookers are a cost-effective way of cooking. The energy they use is the same as a lightbulb. www.bbcgoodfood.com/recipes/collection/slow-cooker-recipes
- Microwaves are energy efficient as they run for less time. As well as warming food, microwaves can be used to cook meals from scratch: www.bbcgoodfood.com/howto/guide/how-cook-microwave
- One pot cooking using only one burner saves energy.
- Stacking or tiered steamers stack on top of the saucepan and are used to steam vegetables. As well as saving energy, vegetables keep more of their nutritional value.
- Choose the right sized pan for the burner, try to avoid heat escaping round the side, and remember it's cheaper to heat water in a kettle than on the stove.
- Only use as much water as you need when cooking, and always cover pots and pans with a lid - food will heat faster and use less energy.
- Don't open the oven door unnecessarily as heat is lost and more energy used.



Appliances and Devices

- Descaling appliances helps them heat more efficiently and use less energy. This includes washing machines and dishwashers.
- Energy ratings for appliances change to allow manufacturers to improve energy efficiency. Energy efficient appliances are cheaper to run.
- Only run the washing machine and dishwasher when fully loaded, and wash at a lower temperature to save energy.
- Do not put hot food into the fridge, allow it cool down first.
- Avoid having the fridge or freezer door open for longer than needed. Energy is wasted.
- Defrosted fridges and freezers cost less to run and use less energy.
- Unplug and turn electrical devices off.
- Don't leave laptops, phones or tablets charging overnight.



Around the home

- Cutting time in the shower by one minute, helps save water, energy, and money.
- Turn radiators down in rooms you are not using.
- Closing doors helps prevent heat loss and keeps rooms warmer.
- Place reflective foil behind radiators to prevent heat escaping through the walls behind them.
- Close curtains and blinds at night to prevent heat escaping.
- Turn off lights when you leave a room.
- Replace all light bulbs with efficient LED lightbulbs.



For advice on energy supply contact Citizens Advice:

www.citizensadvice.org.uk/consumer/energy/energy-supply/