

## ENERGY SAVING TIPS - LIGHTING

### HELPING YOU TO SAVE MONEY ON YOUR UTILITY BILLS

Make a habit of turning off the lights as the last person leaves a room.

Consider investing in low energy light bulbs as your old bulbs need replacing. Low-energy bulbs are more expensive to buy but will save you money on your bills in the long term. For every £1 of electricity used by a regular bulb, an energy saving bulb would cost just 20p.

LED lamps are even more efficient.

Turn off your lights when the TV is on. You don't need the lights on to watch the TV

Switch off outside lights when you go to bed. The lights do not need to be on all night. You might also invest in a movement sensor activated light which would only come on if someone approaches your house.

Clean your light fittings and lampshades. This may give you more light so you can use fewer fittings. Use lower wattage of light bulbs where possible



## ENERGY SAVING TIPS - COOKING

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Never boil water in an uncovered pan. Water will boil faster and use less energy in a kettle or covered pan.

Pre-heat for a maximum of 10 minutes.  
When the oven is in use, avoid opening the door unnecessarily. Every time you do, the temperature drops by around 15c and takes a lot of energy to get back up to full temperature.

Match your pan size to the size of the heating element. More heat will get into the pan and less lost into the air.

When replacing your appliances, look for low energy models. During the life of the appliance, the savings in electricity could be more than the total cost of the appliance.

Cook big batches of food and freeze the excess. It is more efficient to use all of the oven space available and your freezer will be more efficient if it is full.



## ENERGY SAVING TIPS – HOME APPLIANCES

### HELPING YOU TO SAVE MONEY ON YOUR UTILITY BILLS

Set your freezer temperature at -18c and your fridge between +2c and +5c for greatest efficiency.  
Defrost frozen food in your fridge. This helps to keep the fridge temperature down.

Fridges and freezers work more efficiently when full. Fill space in your freezer with empty boxes. Place bottles of water in empty fridge space – the cold water will help keep the temperature down and you have the benefit of cold water to drink when you want it.

Regularly defrost your freezer. Frost build up increases the amount of energy needed to keep the appliance at its proper temperature.

Only fill the kettle with as much water as you need (ensure that the element is covered). If you boil more water than you need, save the excess in a thermos flask to use later.

Only run the washing machine for full loads.  
Use the lowest temperature and shortest possible wash cycle for the laundry load.

