

Save energy at home

Did you know the average home wastes up to £86 a year leaving appliances on standby?* Quit the standby habit and save energy around the home with our handy tips

laundry

- Wash at 30°C and wait until you have a full load before using your washing machine.
- When possible, dry clothes on a line or airer instead of using a tumble dryer.
- Plan your ironing so that clothes requiring lower temperatures are ironed first.

Dishwashers

- Use a low or economy programme – unless you have very dirty dishes.
- Where possible, wait until you have a full load before using your dishwasher.

Cooking

- Use a toaster rather than the grill to make toast.
- Make sure you have the right size pan for the food and hob ring you use.
- Keep saucepan lids on and turn down the heat.
- Use a kettle to boil water for cooking, rather than heating it up on the hob.



Stick me on the fridge or back of the front door to remind everyone to save energy.

DON'T FORGET
Have you undertaken your secret mission yet? Download the take it home worksheet to begin your undercover audit and find out which lights and appliances are being left on!

Water heating

- Don't set the thermostat too high on your water heater: 60°C is usually hot enough.
- Use a shower instead of a bath, and reduce the time spent lathering up from seven to four minutes to save 27 litres of water a day.
- Bear in mind that power showers may use more water than other types of shower.
- If you have a dripping tap, repair it quickly: a dripping tap can waste enough hot water to fill a bath in just one week.

The fridge and freezer

- Defrost your fridge and freezer regularly to keep them running efficiently.
- Don't put hot or warm food into the fridge straightaway – let it cool down first.
- Where possible, position your fridge or freezer away from your oven.
- Always close your fridge or freezer door quickly after use.

*Sources: www.energysavingtrust.org.uk, www.defra.gov.uk

Start feeling better about your Energy



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