

# Factsheet 13: Go green and save yourself money

## How to save energy, money and the environment

Are your heating bills going through the roof? Here are some no cost tips to help you save energy, money and protect the environment.

### Water

- Why not have a shower instead of a bath? Showers use 25% less water.
- Always make sure your taps are turned off completely – a dripping tap can waste up to four litres of water per hour, and in one day, enough to fill a bath.
- When filling your kettle, only use the amount of water you need.
- Always use the low temperature programme on your dishwasher and where possible only turn it on when there is a full load.

### Washing and drying

- Use low temperature washes – most powders work best at 30°C – 40°C.
- Always wash a full load – make the most of energy used in each wash.
- Use shorter wash cycles for lightly soiled clothes.

- Use the spin function or a spin dryer to help dry washing before using a tumble dryer.
- Dry washing outside when you can.

### Heating and lighting

- Turn your thermostat down 1°C to save pounds on your heating bills, and if your radiators have thermostatic valves, set each room temperature accordingly.
- Use low energy light bulbs. They last up to 12 times longer than your standard light bulb and uses about one fifth of the energy – saving you money.
- Switch off lights that are not needed.
- If your water is heated by an electric immersion, turn it on half an hour before you need it and make sure you turn it off when you're finished.

### Fridges and freezers

- Don't put warm/hot items straight in the fridge – let them cool first or your fridge/freezer will have to use more energy to cool it down.
- Defrost regularly – the more

ice in your freezer the more electricity is used.

- If possible put the fridge/freezer in a cool place out of direct sunlight and away from your cooker/boiler.
- Avoid leaving the fridge/freezer door open for too long – keeping it open lets the cold air out and warm air in so the appliance has to use more energy to cool down.

### Electricity

- Don't leave anything on standby – when items such as TVs are left on standby they can use around 80% of the energy they use when they are fully turned on – if the red light is on it's costing you money.
- Buy energy saving appliances – not only do they use less energy they are cheaper to run. Energy saving products have a rating of either A or B. The higher the rating the less damage there is to your wallet and the environment (A the most savings – G least efficient).
- Unplug mobile phone

chargers, electric shavers and similar items so you don't waste electricity.

### Insulation

- Close your curtains at dusk - they act as a blanket to keep heat inside your house.
- Insulate your letterboxes by fitting a nylon brush seal or a spring flap for just £5.
- Using draught excluders is an easy and cost effective way to reduce your heating bills.

### money

Check out the Energy Saving Trust for more top tips to save you money including grants and offers. You can also complete a free home energy check, to see where you can save money at home at [www.energysavingtrust.org.uk/easy-ways-to-stop-wasting-energy](http://www.energysavingtrust.org.uk/easy-ways-to-stop-wasting-energy)

### Other useful contacts

For help and advice before you buy things as well as advice should anything go wrong once you've bought it.

0845 404 0506

### Energy suppliers

Energy suppliers are obliged to help their customers reduce wasted electricity and gased used within the home. Contract your energy supplier to see what range of offers they provide, which could help you reduce wasted gas and electricity.

### Useful Information to save you

[www.consumerdirect.gov.uk](http://www.consumerdirect.gov.uk)