

How to reduce your home energy costs

Simple energy saving tips to remember every day





It is important to remember to save energy where you can around your home, this will lower your energy bills.

Did you know:

Your home is full of appliances that use energy even when you are not using them



Hint –When you leave a device on standby, it still uses energy. Also, did you know, leaving a charger plugged in when not in use, still uses energy!

Warm yourself



As we move into winter and your home starts to feel cold, you will need to turn on your heating. We all need to do this to help us to stay warm. As well as turning on your heating you can warm yourself, you can do this by:

Thinking about what clothes you wear inside the house during winter.

Hint - Keep yourself warm from the bottom up with slippers and socks



Warm yourself



Electric blankets

These can be charged using a USB which means they do not use much energy.



Hot water bottle

This is another inexpensive way to help to stay warm



Hint - Hot drinks such as hot chocolate, tea or coffee are also great ways to help keep your body warm.



Warm yourself

Did you know!!!

If you turn down your heating by just 1°C you can save up to 10% on your heating bill!



Hint - Having the heating on for one hour less per day will make a similar saving!



Turn off lights

Avoid turning lights on out of habit when entering a room and always remember to turn them off when you leave.



Hint - During the winter months, a small table lamp can create a cosy space instead of ceiling lights!



Install energy efficient bulbs

By replacing your light bulbs with LED bulbs you will not only use less energy, but will also enjoy brighter lights!



Hint - By turning off lights when they are not needed and using LED bulbs, you will save money on your electricity bill!



Control the amount of hot water you use.



Dishwasher

Your dishwasher only uses a few gallons of hot water, which is about the same as running a tap for 3 minutes. As long as you only use your dishwasher with a full load, this will save you money.



Hint - Using the dishwasher also saves you time!



Control the amount of hot water you use.



Washing Machine

Try not to wash your clothes at a high temperature.



Hint - Also try to avoid using the washing machine until you have a full load to wash!

Only boil the water that you need!

If you are boiling water in a kettle, try to only fill the amount you need, this uses less energy!



Hint - This also makes the kettle boil quicker!



Fridge/Freezer



Make sure food has cooled down before putting it in the fridge. This stops the fridge having to work extra hard to keep a cool temperature.



Hint - Always try to remember to close the doors quickly to keep the cool temperature.

Shut the doors and close the curtains



Heat always seems to find a way to escape, either out the window or into rooms that are not in use. Closing curtains and blinds will prevent warmth escaping from the room you are heating up. It will also block cold drafts.



Keeping doors closed will also help to keep the heat in.



Hint - Try to remember to close curtains before it gets dark.

Drying Clothes



Tumble dryers use a LOT of energy, try to dry your clothes outside on a line, or in winter you could use an indoor ailer



Hint –Using a radiator to dry clothes is not a good idea, this makes your boiler work harder, traps heat from warming your room and can cause dampness.



Cooking



It saves energy if you cook in a microwave rather than an oven. This is because a microwave uses much less energy.



Hint –When you have finished using the oven, leave the oven door open. This allows the heat from the oven to warm the kitchen.

Checklist!

- ✓ Wear warm clothes and slippers
- ✓ Have hot drinks
- ✓ Turn off lights when they are not needed
- ✓ Try to only run the dishwasher when it is full
- ✓ Only fill the kettle to how much you need to boil
- ✓ Don't put hot food in the fridge
- ✓ Close fridge/freezer door quickly
- ✓ Close curtains before it gets dark
- ✓ Dry laundry on washing line or an indoor ailer
- ✓ Unplug chargers when device is fully charged.
- ✓ Try to cook in a microwave instead of an oven
- ✓ Block drafts from windows and doors



Quiz!!

1. Should you put hot food in the fridge?
2. Is it cheaper to dry clothes on a washing line or in a tumble dryer?
3. Is it cheaper to cook in a microwave or an oven?



Activity!!!!!!

Make your own draught excluder

1. Start by cutting one arm off an old shirt OR one leg off an old pair of leggings/trousers to make a tube.
2. Fill your tube with crumpled up newspaper, worn out clothing, odd socks or anything else that you have.
3. Pack your tube nice and tight, tie each end with string or ribbon.

