

# energy saving tips

by good energy



Cooking and cleaning.  
Washing clothes and running the bath.  
All these day-to-day actions use up energy  
and make your carbon footprint bigger.

**But the good news is, there's lots of simple things you can do to make savings that are as good for your pocket as they are for the environment.**

In this guide, we've listed out some common energy saving myths that need busting. Followed by some quick-win tips for reducing how much energy you use.





## switching off appliances

### The myth

**"When an appliance is on standby it doesn't use any energy, because it isn't on."**

### The reality

Many appliances on standby, or switched off but still plugged in, still draw a lot of energy. The main culprits are things like phone and laptop chargers. Turning things off at the plug when you're not using them could save an average household as much as £35 per year\*.

### How to save

- Almost all electrical appliances can be turned off at the plug without disrupting their programming. Make it quicker and easier by getting 'standby saver sockets' so that you can turn everything off at once.
- Check the instructions for any appliances you're not sure about. Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record.

\* Information provided by the Energy saving trust



## energy saving lightbulbs

### The myth

**"Energy saving lightbulbs don't get bright quickly enough. And they're much more expensive."**

### The reality

There have been some big improvements in LED lightbulb technology recently – most now reach full brightness immediately. While they may be more expensive to buy, LEDs typically last for over 20 years and cost around a third less to run than halogen bulbs\*. With lighting making up 15% of a typical household electricity bill, it pays to think about efficiency.

### How to save

- Replace traditional lightbulbs with LEDs to save up to £6 per year\*\*. LEDs are available for most fittings and are particularly good for replacing spotlights and dimmable lights. They're more efficient than Compact Fluorescent Lamps (CFLs) and will save you money in the long term.
  - Always turn off the lights when you leave a room – even if you'll be right back.
  - Be aware of how many lights are on in a room. Do you need to use them all? Having separate lights for different purposes can help with this.
- E.g. just have a low background light on when you're watching TV, or a bright light for reading.
- If you can, set up light switches so they're more convenient to use. For example, at the top and bottom of the stairs, each end of a hallway and close to the door of each room.
  - Use a sensor or timer on outdoor lights so they're only turning on when they're needed. If you want lights in your garden, think about getting solar-powered ones that charge up during the day.

\* Information provided by the Department for Business, Energy & Industrial Strategy (BEIS)

\*\* Information provided by the Energy saving trust

# kitchen appliances

## The myth

**"My appliances are to blame for how much energy we use. We can't cut this down because it's just how they're made."**

## The reality

Many of us could be smarter about how we use our appliances – particularly when cooking, storing food or cleaning.

For example, did you know that filling the kettle with only as much water as you need could save around £7\* in bills a year? And that washing up using a bowl rather than just keeping the hot tap running could save £25\* a year?

Although these amounts may not sound like much on their own, think how much less energy would be wasted if everyone put these simple tips into action.

## How to save

### Cooking

When cooking vegetables or pasta, use a pan of the right size, with a lid, and use just enough water to cover what's in it. Boil the water in the kettle first.

It takes a lot of energy to heat up an oven. Try not to use them to cook one small item – think about cooking in batches and freezing meal portions for another day. Use a microwave for smaller meals and a slow-cooker for stews and soups.

Keep the door shut while cooking as you lose a quarter of the heat each time you open the door. You can even switch it off 5-10 minutes before the required cooking time and use the built-up heat to finish things off.

\* Information provided by BEIS



# kitchen appliances

## Storing and freezing food

Let hot or warm food to cool down before putting it in the fridge. Defrost the fridge regularly to keep it running efficiently and cheaply – if it tends to frost up quickly, check the door seal.

Plan ahead when you're defrosting food. Put it in the fridge the night before you plan to use it and it'll thaw out while cooling your fridge for free.

Keep your fridge at 3-5°C and freezer at -18°C to make sure they are efficient.

Don't let your freezer get too empty. It's more efficient to keep it well stocked as the frozen goods cool each other. Keep the freezer away from the wall so that heat can escape.

## Cleaning

Dusting or vacuuming the coils coming out of the back of your fridge or freezer can help them run better.

Empty your vacuum cleaner regularly so that it takes less time and energy to pick up dirt.

Washing up by hand uses less water and energy than a dishwasher. Put a bowl in the sink to help you use less water.

And turning your washing machine down to 30 or 40 degrees can help you save energy too.



# heating

## The myth

**"It's better to keep the heating on low all the time than to keep turning it on and off."**

## The reality

More than 50% of the money spent on fuel bills goes towards heating and hot water. So why keep your home a little bit warm even when you're not there, when you'll probably turn the temperature up when you get in anyway? And on that note, turning the room thermostat down by just one degree saves the average household £75 each year – and means they'll pump 340kg less carbon dioxide into the atmosphere\*.

It doesn't use a lot of energy to turn your heating on and off. Using a timer can make sure it's warm when you need it to be – instead of when you don't.

## How to save

### Getting warm

Set the timer on your boiler so you only have the heating on when you're in the house. Turn it off completely overnight and when no one's in. Your central heating timer will do this automatically. If the temperature's below freezing, you can set the timer for the boiler to fire up briefly and help prevent frost damage.

As a guide, you should feel nice and warm if you set your thermostat at 20°C for your living room. Around 16°C is a comfortable temperature for bedrooms.

If you have night storage heaters, find out more about how to use them and save yourself money – go to the Centre for Sustainable Energy for advice about this.

A shelf above your radiator will help push warm air into the room. Think about putting foil behind it to stop heat leaking out through the wall.

Get a thicker, warmer duvet for winter. If you're not quite warm enough during the night, use a hot water bottle – they're more efficient and cheaper than electric blankets.

\* Information provided by Energy Saving Trust



# heating

## Making your boiler more efficient

Modern boilers are condensing boilers, which make them more efficient. Changing to a modern 'A' rated boiler could save you between £70 and £140 a year if you live in a flat, and as much as £300-570 a year if you live in a detached house.

If your boiler isn't insulated, fitting a British Standard jacket around it will reduce heat loss by more than 75% and could save you around £140 a year, which is more than the cost of the jacket. Insulating the pipes will add an extra annual saving of £10.

## Locking in the heat

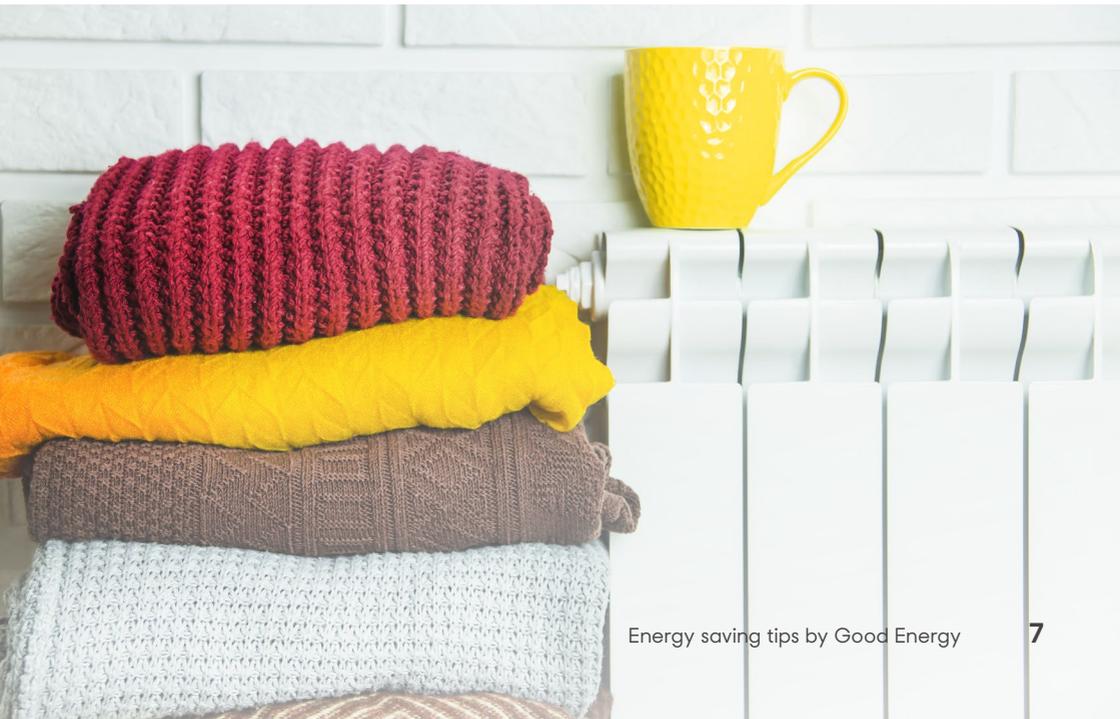
If your home doesn't have any insulation, a quarter of heat will go straight up through the roof and away. Keep it in by insulating the loft – this alone could save you around £115-240 a year, depending on the size of your home.

If your house was built after the 1920s it's likely you'll have cavity walls. Keep in more heat with cavity wall insulation. You could stand to save £90 a year if you live in a flat, and nearly £270 if you live in a detached house.

If you've got timber floors, think about insulating underneath them with mineral wool. If this isn't realistic for you, use sealant to block gaps and draughts

Draughts can whistle through your home from all sorts of spaces, including letterboxes, chimneys and gaps under doors and between floorboards. Use a draught excluder to keep cold air out and warm air in.

\*Information provided by Energy Saving Trust



# where else can you make savings?

We've covered some of the bigger ways you can stop energy being wasted at home. But there's another couple of areas that shouldn't be forgotten: windows and hot water.

## Windows

You could save £40-160 a year by fitting Energy Saving Recommended double glazing\*. Efficient glazing keeps your home warmer and quieter as well as reducing your energy bills. That might mean double or triple glazing or even secondary glazing.

If it's not realistic for you to get new glazing, thick, floor-length curtains can help stop heat from escaping.



## Hot water

Reducing how much energy it takes to have hot water can start with the tank. Getting a well-fitting tank jacket could save you around £20 a year\* – and more if you heat your water electrically. Insulate the hot water pipes too and you might find your taps run hot quicker.

When it comes to using your hot water, make sure you turn the taps completely off and fix ones that leak. A dripping tap can waste up to 1,400 litres of hot water a year. You could also save up to £20 a year on your gas bill by swapping one of the baths you take in a week for a five-minute shower\*.

\*Information provided by BEIS

# further information and independent advice



## Energy saving trust



[energysavingtrust.org.uk](https://energysavingtrust.org.uk)

- England – **0800 444 202**
- Scotland – **0808 808 2282**
- Wales – **0808 808 2244**

## Smart Energy GB



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## Citizen's advice



[citizensadvice.org.uk/energy](https://citizensadvice.org.uk/energy)



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