beacon*

SAVING YOUR PLANET AND CLIMATE ACTION

By saving energy, we create a healthier planet and can also sustain the resources we already have. Conserving energy can help ensure that the rivers, forests, parks, and diverse wildlife are around for future generations.

You can make some simple changes at home to make a difference to climate change.

1 / USE THE MICROWAVE MORE: They're not great for cooking everything, but you can't argue with the energy-efficiency of a microwave. Cooking accounts for around 14% of electricity demand in UK homes, so using the microwave more is a simple way of saving energy in the kitchen.

2 / REDUCE, REUSE, REPAIR AND RECYCLE: Take your broken appliances to your local Repair Café, and look at options before buying new items. Preloved clothing shops offer amazing options and prevent items going to landfill.

3 / BE SMART WITH YOUR WATER: Heating up large quantities of water can have a big impact on your bills. Taking a four-minute shower instead of a bath saves a typical household up to £70 a year.

4 / GREENER WASHING: A good tip for anyone with outdoor space, whether it's a balcony, back yard, shared space, or garden then always dry your laundry outside. Tumble dryers are very energy hungry, adding up to £60 a year to your bills. Give yours a break and you won't just save energy, but all your clothes will smell lovely and fresh too.

5 / DON'T WASTE ENERGY: More than half of home energy bills goes towards heating and hot water. So use your thermostats, controls and timers to make sure you don't waste energy and money.

6 / OPEN YOUR WINDOWS IN THE SPRING: You can keep your home cool if it's not too hot outside by allowing a flow of fresh air through open windows and ventilate your home.

7 / THROW AWAY LESS FOOD: You're also wasting the resources and energy that were used to grow, produce, package, and transport it. And when food rots in a landfill, it produces methane, a powerful greenhouse gas. So batch cook, and use your freezer.

8 / WALK AND BIKE MORE: Leave your car at home two days a week. This will lower the amount of greenhouse gases we release and helps keep you healthy.

9 / REVIEW YOUR FOOD CHOICES: Reduce greenhouse gas emission through your food choices by eating less meat and more vegetables and plant-based foods.

10 / AVOID PLASTICS: Stop buying your water in plastic. Get a reusable water bottle and keep that topped up and with you.