



## SAVING ENERGY / YOUR HOME

With costs rising, we're all keeping a much closer eye on our usage, and start changing habits to help you save money and protect our planet.

Take a look at our tips and advice for quick and easy ways to save energy, lower your bills and reduce your carbon footprint at home:



**1 / REDUCE WASHING MACHINE USAGE:**  
Get in the habit of only using your washing machine when it's full to save on electricity.



**2 / REDUCE FREEZER RUNNING COSTS:**  
Keeping the freezer full to reduce running costs. A cheap way of doing this is filling up old plastic milk/pop bottles with water, these can be used as ice packs to keep cool but also stop your freezer keeping empty space cool.



**3 / BATCH COOKING MEALS:**  
Cook a few meals at once – so only using the oven once instead of multiple times.



**4 / REDUCE WASH CYCLES:**  
Washing at 30 degrees rather than 40 degrees can help reduce your energy usage, and if you can cut out one wash cycle per week, you'll save £5 off your annual energy bill.



**5 / DRY CLOTHES ON RAILS:**  
Avoid using a tumble dryer for your clothes – dry clothes on rails inside where possible or outside in dry weather to save around £60 a year.



**6 / AVOID OVERFILLING THE KETTLE:**  
Kettles are one of the most used appliances in the kitchen. But many of us will admit that we at least occasionally boil the kettle with more water than we're going to use. So, avoid overfilling the kettle and save on your electricity bill.



**7 / BUY WHAT YOU NEED:**  
Write a food list every week and stick to it. Don't be tempted in supermarkets or online with things you don't need. So, buy what you need and will use and start saving money and prevent food waste.



**8 / SUPERMARKET DISCOUNTS:**  
Sign up to all supermarket discount or loyalty card schemes to receive vouchers or coupons on the essential items you buy. This can add up over the year.



**9 / LOWERING THE THERMOSTAT:**  
Turning your thermostat down by even 1 degree can save money and you can pop on an extra layer of clothing on at home if needed.



**10 / MONITOR YOUR LIGHT USAGE:**  
Save your electricity and get into the habit of only lighting rooms that are being used and you could save up to £20 a year on your energy bills.