

# Be Green. Save Money. Save

## ENERGY

1. **Don't leave appliances on standby!**

Almost a billion pounds of electricity is wasted in the UK every year by people leaving appliances on standby. It can cost the average household around £40-£50 per year.



2. **Install at least three Energy saving recommended bulbs!**

They cost a bit more but last 12 times longer and could save up to £9 on your annual electricity bill per bulb or £100 over the bulbs lifetime.

3. **Only boil as much water as you need!**

If we all did this we would save enough electricity to power two thirds of the UK's street lighting.

4. Always turn off your lights when you leave a room!

5. A dripping tap will waste enough water to fill a bath in two weeks!

6. **Buy Energy saving recommended appliances!** Energy saving appliances use less energy and could save you up to £45 a year.

7. **Turn your thermostat down to 1C!** This could cut your heating bills by up to 10% and save you around £40 per year. However, make sure the room temperature is around 21C in the winter in the main living areas. Close your curtains at dusk to stop heat escaping through windows.

8. **Wash your laundry at 30C!** Washing at 30C rather than normal temperatures means you use 40% less electricity.



9. **Don't use the car for short journeys!** You can reduce carbon dioxide emissions and air pollution by reducing the amount of fuel you use. That means walking, cycling or taking the bus whenever you are able.

10. **Cut out the draughts!** Draughts account for 15% of all heat lost in the home. There are many products available in DIY stores that are cheap and easy to plug the gaps.

11. **Switch energy supplier to a green tariff!** Environmentally Friendly or 'Green Tariffs' often don't cost anymore than standard tariff for the same company and by switching suppliers you could even save money.

12. **Avoid Plasma TV's!** If you need a new TV avoid plasma screens as they consume far more energy and have a shorter lifespan than CRT or LCD televisions.

13. **Savaplug! Consider buying a savaplug.** They replace the usual plugs at the back of the fridge and will cut energy use from the appliance by 20%.

14. **Mobile Phones!** Don't leave your mobile phone charger plugged in when not in use.

15. **Computers!** If your PC is downloading or burning a CD, switch the monitor off and remember not to leave it on standby when turning the computer off.

