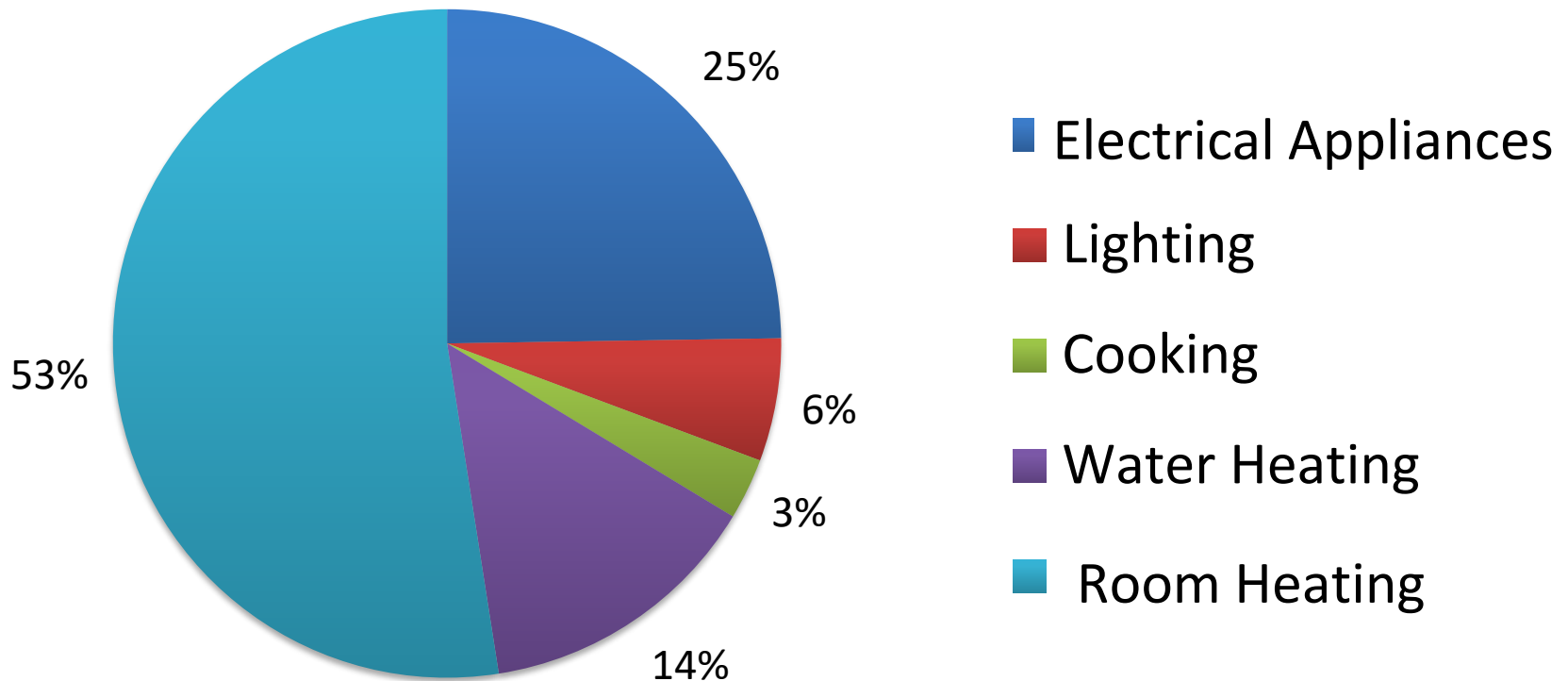




Saving Energy in the Home

Energy use in the home



Room Heating is the largest element of energy use, especially in winter months



SUGGESTIONS and TIPS

Energy use in the Home

Typically:

53% room heating	Check heating and controls
25% electric appliances	Switch off when not in use
6% lighting	Use LEDs and turn off
3% cooking	Oven biggest user of energy
14% water heating	Don't waste hot water



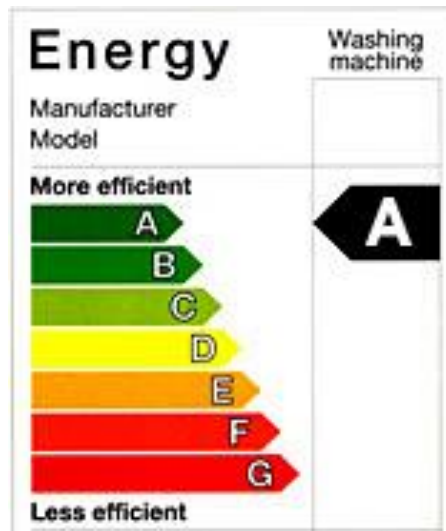
Saving Energy in the Home

SE 2/v2

USE LESS ENERGY Fridge/Freezer

Fridges and freezers are using electricity all the time, so help them use less electricity

When you are able, replace with an A rated or Energy Saving recommended appliance





SUGGESTIONS and TIPS

USE LESS ENERGY Fridge/Freezer

Help your Fridge/Freezer use less Electricity

- Position cold appliances as far from a cooker or a radiator as you can
- Pull fridge away from the wall and dust coils
- Keep your fridge temperature 3 -5 degrees C.
- Defrost your freezer regularly to remove ice build-up
When you're defrosting food, leave it in the fridge.
- Don't put hot leftovers in the fridge or freezer, wait for them to cool down first.
- Try to keep your freezer as full as you can.



Saving Energy in the Home

SE 3/v2

USE LESS ENERGY Washing Machines

Cut electricity use as follows

- Wash clothes only when you have a full load, not every day
- Use warm wash - do not overheat the water in the machine
- Avoid using a tumbler drier, but dry the clothes outside





SUGGESTIONS and TIPS

USE LESS ENERGY Washing Machines

Help Washing Machines use less Electricity

- Set wash temperature to 30 C, use eco button if there
- Clean the fluff out of your tumbler drier every time you use it
- Do not dry inside on a radiator, which will cause damp in the house
- Hang outside to dry, even in cool or cold weather
- Do not iron clothes when wet



Saving Energy in the Home

SE 4/v2

USE LESS ENERGY Cooking

- Ovens are big energy users
 - only use when necessary
- Use a microwave for small items of food and reheating things, rather than the oven
 - it's cheaper.
- Look at getting a slow cooker or an air fryer





SUGGESTIONS and TIPS

USE LESS ENERGY Cooking

Changing your cooking to use less Energy

- Only boil as much water as you need in your kettle.
- If you have an electric hob, boil water for cooking in the kettle first, rather than boiling it on the hob.
- When you're cooking, keep lids on your saucepans.
- Match the size of the saucepan to the hob
- Cook in quantity and freeze it for another day.
- Use a microwave for small items of food and reheating things, rather than the oven – it's cheaper.



Saving Energy in the Home

SE 5/v2

USE LESS ENERGY LED's & Lighting

- Filament lightbulbs are less than 1% efficient
- New LED bulbs can fit any socket and provide instant light
- LEDs last +11 years on average
- LED bulbs consume only a few watts, so will pay back their cost from energy savings





SUGGESTIONS and TIPS

USE LESS ENERGY LEDs & Lighting

Other ways to reduce lighting bills

- Always turn lights off when leaving a room
- Be aware of how many lights you have on in a room. Turn off lights that are not needed
- Arrange light switches so it is easy to turn them off, for example, place switches for rooms at the door.
- Use sensors or timers on external lights, so they are only on when they need to be.
- Ensure that you regularly clean any lamp shades or fittings to increase the impact of the light..



Saving Energy in the Home

SE 6/v2

USE LESS ENERGY More things you can do

- Borrow an energy monitor from your local library
- Don't charge your mobile over night!
- Don't leave appliances on standby – switch off wall
- Allow as much natural light into the house as
- Keep your electric shower to 4 minutes!
- Ask you energy company for a smart meter, to see what you are using





SUGGESTIONS and TIPS

USE LESS ENERGY
More things to do

Next Steps

- Take the easiest steps first!
- Build a picture of your energy use from your bills
- Don't forget heating is your largest energy user
- Use Footsteps' Reducing Heating Costs cards
- Use an **Energy Calculator**