

Energy Saving Tips at Home

Below are some tips and ideas that you can do around the home, in the garden and when you're shopping to help save energy, money and precious resources and lead a more sustainable lifestyle.

Around the house

- Make sure fridge and freezer doors are tightly closed.
- Cook food in the oven all in one go (where possible) and don't keep opening the door to check on it, as this reduces the temperature in the oven and means it will take longer for your food to cook.
- Wash clothes at lower temperatures and always fill the machine.
- Tumble dryers and dishwashers are not always essential, so only use them if you really need to. Let clothes dry naturally and wash dishes by hand.
- Use low energy lightbulbs where you can – they save energy and money!
- Take showers instead of baths – in most cases they use a lot less water.
- Make sure you turn off the tap when brushing your teeth.
- Make sure taps are turned off when you are not using them.
- Switch electrical items off when they are not being used and remember that keeping items on standby also uses electricity.
- Don't leave things plugged in if they don't need to be and don't leave switches on if the lights are not being used.

Keeping warm

- Insulate walls, floors, the roof and the boiler so that the heat stays in the house. Insulation also helps to keep your home cool in the summer, but make sure that the heating is turned off in the summer months.
- Draught proof areas such as windows and doors and keep these closed during the winter months and open during the warmer summer.

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In the garden

- Collect natural rain water in a water butt and use to water plants, wash your parents car etc.
- You could look at fitting solar lights instead of external electric lights from the main.
- Instead of throwing away waste food, start a compost heap and use that compost to help feed your plants.

At the shops

- Buy food produced locally or in the UK to cut down on air miles. Food flown into the U.K. from abroad has travelled hundreds of miles - this flight distance is called air miles.
- Only use a plastic bag if you really need to and always reuse them by taking one with you to the shops instead of using a new one.
- Choose products that have the least amount of packaging – cardboard and glass is better than plastic.
- Buy in bulk to save you money and also save extra trips to the shops!
- Remember that fresh fruit and vegetables go off – only buy what you need so that unused food is not thrown away and wasted.
- When replacing household appliances, buy ones that are energy efficient – look for the Energy Saving Recommended logo.