

HOW TO SAVE ENERGY AND MONEY AT HOME WITHOUT SPENDING A PENNY

9 TOP MONEY SAVING ACTIONS:

1. Turn your thermostat down
2. Reduce the heat to medium at the thermostatic radiator valve in rooms you use and to zero in rooms you don't use
3. Turn your water cylinder thermostat down
4. Have showers not baths and avoid lingering under the shower – aim for 5 mins
5. Don't leave DVD players, TVs, VCRs, game consoles, stereos or computers on standby.
6. Turn the lights off when you leave a room
7. Wash clothes that aren't stained in cold water
8. Wash full loads of clothes or dishes
9. Dry clothes outside on a line or indoors on a rack

OTHER MONEY SAVING ACTIONS:

10. Fix dripping taps
11. Make sure furniture or curtains don't block your radiators.
12. Bleed your radiators
13. Turn your computer off when it is not in use. When your computer is on but not in use, turn off the monitor
14. Don't charge mobile phones & mp3 players longer than necessary
15. Only boil as much water as you need
16. De-scale your kettle - it will boil more quickly
17. Don't peek while using your oven.
18. Put lids on pans when cooking and choose the right size pans for the cooker rings. Heating beyond the pan edge wastes energy.
19. Reheat small food portions with your microwave oven
20. Keep your fridge running efficiently by cleaning the dust of the condenser coils at the back.
21. Defrost your food in the fridge overnight instead of heating it up in a pan or oven
22. Don't wash food under a running tap
23. Chop vegetables into smaller pieces so they cook more quickly
24. Lower The Brightness of Your Computer Screen
25. Close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors
26. Don't run the water continuously when washing dishes by hand, shaving, washing your face and hands or brushing your teeth
27. Avoid rinsing dishes with hot water before putting them in the dishwasher

ENVIRONMENTALLY FRIENDLY ACTIONS:

28. Recycle all your cans, glass, bottles and newspapers rather than throwing them away
29. Avoid throwing food away, try to buy only what you need and eat the old food first
30. Opt out of junk mail
31. Plant a tree in your back garden

THE ABOVE INFORMATION AND MORE IN DEPTH :

Turn your thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10 percent. If you have a programmer, set your heating and hot water to come on only

when required rather than all the time. The standard temperature for comfort is between 18-21° - if you feel cold try putting a jumper on first. **Save 1 to 2.5 tonnes of CO2 and £50-£125 a year.**

Turn your water cylinder thermostat down; **it should be set at a maximum of 60°C/140°F**. Most people cope well with a thermostat at 50 degrees Celsius. Every 5.5 degrees C. reduction saves up to 13 per cent on your water heating costs. **Save 250kg of CO2 and £40 a year.**

Always turn off the lights when you leave a room. **Save 125kg of CO2 a year and £20 a year.**

Try putting your Computer and TV equipment on a 4-way extension. Then, when you're not using the equipment, flip the switch off. Avoid leaving TVs, DVD players and computers on standby. Pay particular attention to your mobile phone and mp3 chargers. Also remember not to leave your laptop on charge unnecessarily as this destroys the battery anyway. **Save 450kg of CO2 and £50 a year.**

When your computer is on but not in use, turn off the monitor, which uses at least half of the computer's energy. You can buy a device called the eco-button that puts the computer on standby whenever you're not using it. Alternatively, if you go to control panel, power options, advanced, you can chose "standby" when you press the power button on your computer.

Give your home a green makeover. Renovating your home to make it more environmentally friendly is one of the most useful things you can do to fight climate change. The Internet is there to help! Thanks to George Marshall's websites, you can now find out everything you need to know about environmentally friendly renovation. www.theyellowhouse.org.uk has already received 650,000 visits and spawned off another website helping people create a snowball effect around their home renovations: www.ecovation.org.uk

Turn the iron off when you only have one thing left to iron.

KITCHEN TIPS:

Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle). A kettle uses the same power per minute as 200 Energy efficient light bulbs. An average family can **save 125kg of CO2 a year and £20 a year.**

De-scale your kettle - it will boil more quickly.

Put lids on pans when cooking and choose the right size pans for the cooker rings. Heating beyond the pan edge wastes energy.

Use the right size pan on the right sized hob - and turn the heat down when the water has boiled.

Don't peek while using your oven; you lose about 20 per cent of the heat every time you open the door.

Reheat small food portions with your microwave oven, which uses less than one-half the energy of a conventional oven.

Set the temperature in your refrigerator between 1.7 and 3.3 degrees Celsius for the refrigerator compartment and -18 degrees C. for the freezer.

Keep your fridge running efficiently by cleaning the dust of the condenser coils at the back. A dirty condenser uses up to 30% more energy.

Defrost your freezer regularly - that way it runs more efficiently.

WATER USAGE TIPS:

Waterwise has calculated the average family could save around £200 a year simply by washing up in a washing bowl or using a full load in your dishwasher rather than washing up under a running tap, and by cutting a minute off the length of your shower. These savings can be increased even further when you always use a full load in your washing machine, swap deep baths for short showers and buy an aerated or optimised-flow shower head. ([Waterwise](#))

Avoid rinsing dishes with hot water before putting them in the dishwasher.

Use water efficiently. Municipal water systems require energy to purify and distribute water. Do not let the water run while shaving, washing pots or brushing your teeth. Do not use your toilet as a waste basket for toiletry items.

You can save up to six litres of water per minute by remembering to turn off the tap while you brush your teeth, shave, wash your hands or wash up.

Don't wash food under a running tap. Wash your fruit and vegetables in a bowl rather than under a running tap. You can use the water you collect to water your house plants.

Don't run the water continuously when washing dishes by hand, shaving, washing your face and hands or brushing your teeth.

A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off! You'll be preventing wasting up to 15 litres of water a day, or almost 5,500 litres per year. If you're on a water meter, that could save you over £18 a year. [Click here](#) to watch a video on how to do it. Go to our website to find out how to DIY it.

Don't use a hose to wash your car. Wash your car using a bucket and sponge and rinse with a watering can. Just 30 minutes with a hosepipe will use more water than the average family uses in a day.

WASHING MACHINE TIPS:

Wait until you have a full load before switching on your dishwasher or your washing machine; two half loads use more water than one full load. A full load uses 95 litres of water; 2 half loads use 190 litres.

By washing clothes that aren't stained in cold water, you can save up to 90% of the energy you would use at 40 degrees (heating water typically accounts for up to 90 per cent of the washer's total energy use). By simply switching from 40° to 30°, you'll save 40% of the energy you would normally use. 75% of the time, washing in cold water makes no difference. **Save 90kg of CO2 and £15 a year.**

If possible, fill up the washing machine, tumble dryer or dishwasher: One full load uses less energy than two half loads. One wash uses 95 litres of water, 2 washes use 190.

Dry clothes outside on a line or indoors on a rack, when possible. Use the moisture sensor feature on your dryer, if it has one, to prevent over drying, or select the permapress setting, which uses cold air at the end of the cycle.

Have showers not baths. A 5 minutes shower can use about a third of the water of an ordinary bath. Replace your shower head with a new low pressure one for about £15. The newest versions push the water through smaller apertures and mix in air to create good pressure whilst reducing your water use. **Save 350kg of CO2 and £40 a year.**

Close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors.

Make sure furniture or curtains don't block your radiators. Any obstructions will stop air flowing freely around the radiators - and so reduce their overall efficiency.

Bleed your radiators yearly. Air can stop water from reaching all parts of the radiator and decrease its effectiveness. A radiator that needs bleeding will not be as warm as other radiators, and its heat will be concentrated at the bottom. The heating system should be switched off when you bleed radiators to stop more air from entering the system. Hold a tea towel and a glass underneath the radiator key and open the valve very slowly as dirty water can spray out.

Buy Fresh local food. It is tastier and better for you than meat and veg from half the world away - and doesn't have to be flown to you in energy-guzzling airplanes. Ask your retailer where your food has come from. An average family can **save up to 500 kgs of CO2 a year** by buying local food.

Recycle. Recycle. Recycle. Recycling all your cans, glass, bottles and newspapers rather than throwing them away saves **500kg of CO2 per year.**

Lower The Brightness of Your Computer Screen. Most people like to have their screen at full brightness, but it is usually not necessary, and by lowering your screen brightness, you can save a substantial amount of energy as your computer doesn't have to work as hard. The same applies to keeping too many programs opened at once on your computer, try to only keep one open.

Plant a tree in your back garden. A tree over its' lifetime can absorb a lot of CO2, so it's worthwhile if you have no trees in your back garden to plant a few.

Get Rid of Junk Mail – It takes 9.35 million trees a year in the UK to create that mail that nobody wants as well as 16 billion tonnes of water. A tree over its lifetime can absorb 1.1 tonne of CO2 and it only starts absorbing CO2 once it is more than 15 years old so any arguments about replanting cut trees still means that we have an annual deficit of CO2 absorption of 12.5 million tonnes due to junk mail; that is 2% of the country's total pollution. You can stop this disaster right now by registering with the mail preference service to be deleted from the national canvass's mailing list. You'll also need to email Royal Mail to stop junk mail addressed "to the occupier". That represents about 25% of the junk mail you receive. Either e-mail optout@royalmail.co.uk or write to Royal Mail Door to Door, Kingsmead House, Oxpens Road, Oxford, OX1 1RX. **Save up to 170kg of CO2 a year.**

Share appliances with your neighbours. Visit: <http://www.letslinkuk.org>. By sharing appliances, you can save energy and also form links with the local community. The energy needed to build the steel in a car is equivalent to 5 tonnes or 2 years of driving. There is embedded energy in everything we buy. Buying less and sharing more both saves money and reduces fossil fuel emissions. Let's link UK is a local community based network allowing people to exchange goods and services with each other without the need for money. These schemes are known as local exchange trading schemes and are a good way of organizing tool pools.