

10 PRACTICAL HINTS AND TIPS TO HELP YOU SAVE ENERGY AND UP TO £375 SAVINGS A YEAR ON YOUR BILLS

Save in the Living Room

- 1 Use **energy saving plugs** to prevent household appliances being left on standby mode
- 2 **Radiator reflectors** – aluminum foil can be fitted behind radiators to reflect heat back into the room



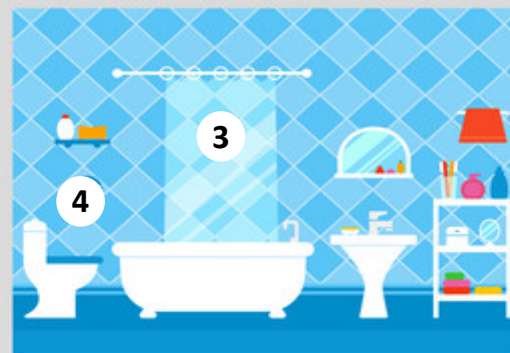
Save in the Bedroom

- 5 **Draft proofing** – use door draft excluder or foam strips to prevent drafts
- 6 **Energy saving bulbs** – LED lights can save energy and keep costs low



Save in the Bathroom

- 3 Take **shorter showers** rather than baths to save on water
- 4 Invest in a **dual flush toilet** so that you can choose to use more or less water when flushing



Save in the Kitchen

- 7 Only use the **dishwasher if full** or **hand wash dishes** on save water
- 8 Only fill your kettle with the **amount of water you need**, no more
- 9 Wash clothes at **30 degrees** and air dry when you can
- 10 **Recycle and compost food**



Other sustainable practices outside of the home

- ✓ Grow your own food via an allotment in your own home or rent an allotment
- ✓ Walk or cycle where possible, if not use **public transport** or carpool to save on emissions
- ✓ Grant schemes are on offer to help with the costs of installing **double glazing, loft installations and solar panels**