

Save energy at home

Did you know Brits could save £1.7 billion a year by switching appliances off standby? Quit the standby habit and save energy around the home with our handy tips

Laundry

- Wash at 30°C and wait until you have a full load before using your washing machine.
- When possible, dry clothes on a line or airer instead of using a tumble dryer.
- Plan your ironing so that clothes requiring lower temperatures are ironed first.

Dishwashers

- Use a low or economy programme – unless you have very dirty dishes.
- Where possible, wait until you have a full load before using your dishwasher.

Cooking

- Use a toaster rather than the grill to make toast.
- Make sure you have the right size pan for the food and hob ring you use.
- Keep saucepan lids on and turn down the heat.
- Use a kettle to boil water for cooking, rather than heating it up on the hob.

1. www.energysavingtrust.org.uk/news/brits-could-save-£17-billion-year-switching-appliances-standby;

2. [www.energysavingtrust.org.uk/sites/default/files/reports/AtHomewithWater\(7\).pdf](http://www.energysavingtrust.org.uk/sites/default/files/reports/AtHomewithWater(7).pdf);

3. www.energy-uk.org.uk/customers/save-money-on-energy-bills.html



Stick me on the fridge or back of the front door to remind everyone to save energy.

DON'T FORGET
Have you undertaken your Energy-Saving Mission yet?
Download the take it home sheet to begin your undercover audit and find out which lights and appliances are being left on!

Water heating

- Don't set the thermostat too high on your water heater: 60°C is usually hot enough.
- Shorten the time you spend in the shower. If every home in the UK took just one minute off one shower every day, it would save £215 million across our energy bills a year².
- Switch to an efficient eco-showerhead. If you have a high-flow power shower this could save you £55 a year².
- If you have a dripping tap, repair it quickly: a dripping tap can waste enough hot water to fill a bath in just one week³.

The fridge and freezer

- Defrost your fridge and freezer regularly to keep them running efficiently.
- Don't put hot or warm food into the fridge straightaway – let it cool down first.
- Position your fridge or freezer away from your oven.
- Always close your fridge or freezer door quickly after use.



Start feeling better about your Energy



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