



TIPS TO SAVE ENERGY IN YOUR HOME THIS WINTER



With the rise in the cost of living in recent years, it's important to find and be aware of ways to save money wherever possible. This guide focuses on different tips to save energy in your home, especially during the winter months, to help reduce costs.

SOME OF THE MAIN AREAS TO SAVE ENERGY IN YOUR HOME ARE AS FOLLOWS:



Heating - Winter in the UK can be particularly harsh, making it common to have your heating on more often. This guide contains a couple of ways to help contain heat in the home and help keep you warm.



Cooking - Cooking is an inevitable task, but there are energy-efficient ways to cook your dinner or make a cuppa.



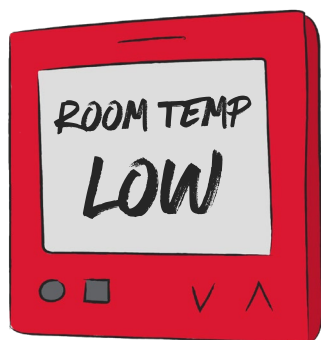
Washing - Whether this is washing your laundry or your personal hygiene, making small changes whilst doing these things can save energy in your home.



General - This guide also includes a few tips on everyday habits that will help save energy in your home all year round.



HEATING



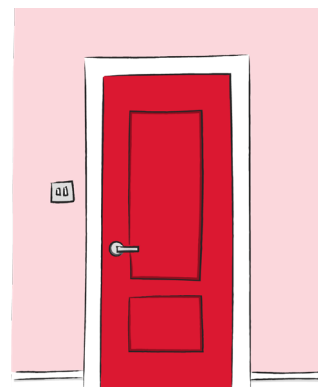
Keep your thermostat at a low temperature, and have it set to turn on and off at specific times to suit your lifestyle and when you're home.

Instead of turning on the heating regularly, try wearing warm clothing, appropriate for the weather.



Keep curtains and blinds open during the day to let any sunlight in, but remember to shut them off in the evening to keep the draught out and help to retain heat.

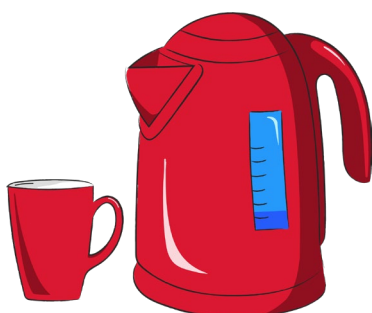
If you have a radiator under your window, tuck any curtains behind it to help project heat into the room.



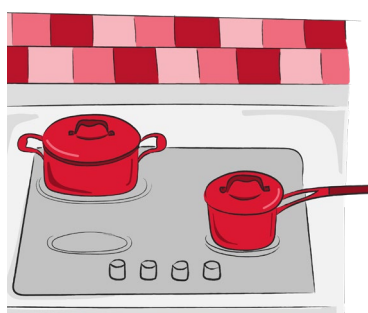
Try to keep any external doors closed and seal any gaps around the door to prevent cold air coming in and heat from escaping.

Additionally, keeping internal doors shut can also help to preserve warmth in the living spaces you are using.

COOKING



Making a cuppa can be a regular habit throughout the day. By filling the kettle with only the amount of water you need, will reduce the boiling time, which saves energy and electricity.



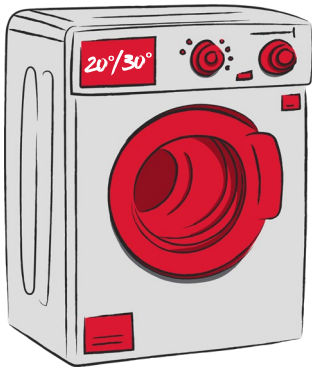
Cook food with the lids on the pans to help boil water faster and retaining heat, which reduces cooking time.

Also to keep in mind when using the hob, ensure the pan matches the size of the burner as this avoids wasting heat.



To maximise your oven usage, batch cook meals where possible. Preparing larger quantities of food and freezing portions for later use, reduces the frequency of using the oven or stove, leads to reducing energy.

WASHING



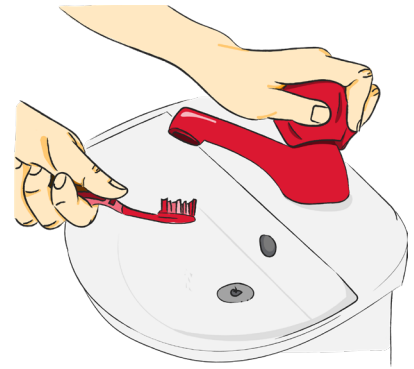
Most modern detergents work effectively at 30°C, allowing you to wash your clothes on a cooler wash to save energy.

It is also more cost effective to hang clothes to dry on a clothes horse whenever possible, rather than using a tumble dryer.



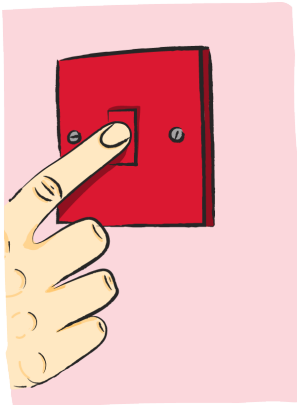
Showering rather than having a bath uses less water (if this is possible).

It is important to try and keep your showers short, when trying to save energy as reducing the length of time you shower will reduce the cost.

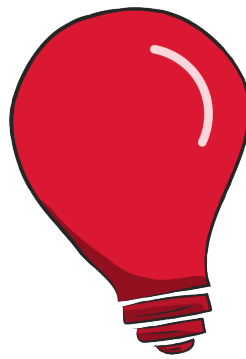


Remember to turn the tap off when brushing your teeth. Leaving the tap running is a lot of wasted water. Making this into a habit will save you a lot of energy and money!

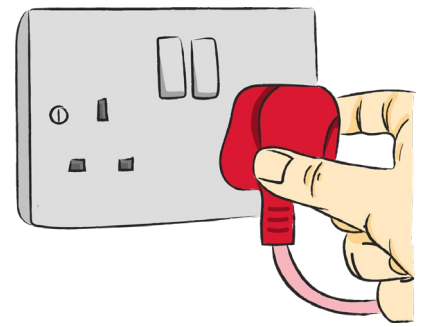
GENERAL



Turn off lights when leaving a room.



Replace any old bulbs with energy-saving LEDs.



Unplug any devices and appliances when not in use, instead of leaving them on standby.