

Don't burn money to heat your home

ENERGY SAVING FACT SHEET

ENERGY SUPPLIERS

- Switching suppliers is one of the simplest ways to save money (check carefully though and ask Energylinx for advice)
- Talk to your energy supplier to make sure they are giving you their best deal
- Where possible pay by direct debit as generally offers a discount
- Provide regular meter readings for accurate bills

LIGHTING

- Turn off lights in empty rooms
- Use energy efficient light bulbs
- Ensure bulb wattage is no higher than required

LAUNDRY

- Always wash a full load
- Wash at a lower temperature
- Use the economy wash on your machine, if you have one
- Front loading machines are usually more efficient
- Dry clothes outside where possible, not on radiators
- Try to dry clothes as much as possible before using a tumble dryer



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APPLIANCES

Cooking

- Use a small ring or low flame for small pans
- Keep lids on
- Don't overfill kettles and pans
- A microwave is cheaper and quicker than a conventional cooker

Kettles

- Boil only the water you need

Toasters

- Use a toaster rather than a grill to toast bread

Fridge / Freezers

- Do not position fridges or freezers next to heating appliances, boilers or cookers
- Allow air to circulate around the back of appliances
- Defrost regularly
- Do not leave the doors open
- Let food cool to room temperature before placing into the fridge
- Try to keep your freezer full – even empty boxes help
- Chest freezers are generally more efficient than upright freezers
- Frost free refrigeration is generally less efficient than conventional

Other electrical items

- Do not leave TVs, computers or other electrical equipment on standby

HEATING

- At night close curtains to stop heat being lost through windows
- Do not drape curtains over radiators
- Keep furniture away from radiators and heaters
- Close doors to keep the heat in
- Don't open windows for long periods of time in the winter
- Avoid opening windows and doors to cool a room - if it is too hot turn the heating down instead
- Stop draughts where possible
- Do not use the oven to heat the kitchen
- Set your central heating with a timer – if you do not know how to do it then give us a call
- Dress warmly – put on a jumper rather than turn the heating up
- Turning down your thermostat by one degree can reduce your bill by 10%
- Turn down heaters in rooms you do not use



If you or someone you know would like this leaflet on CD or audio tape, in large print, in Braille, or translated into another language please contact our Communications Team on 01237 428080 or email info@tarkahousing.org.uk



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