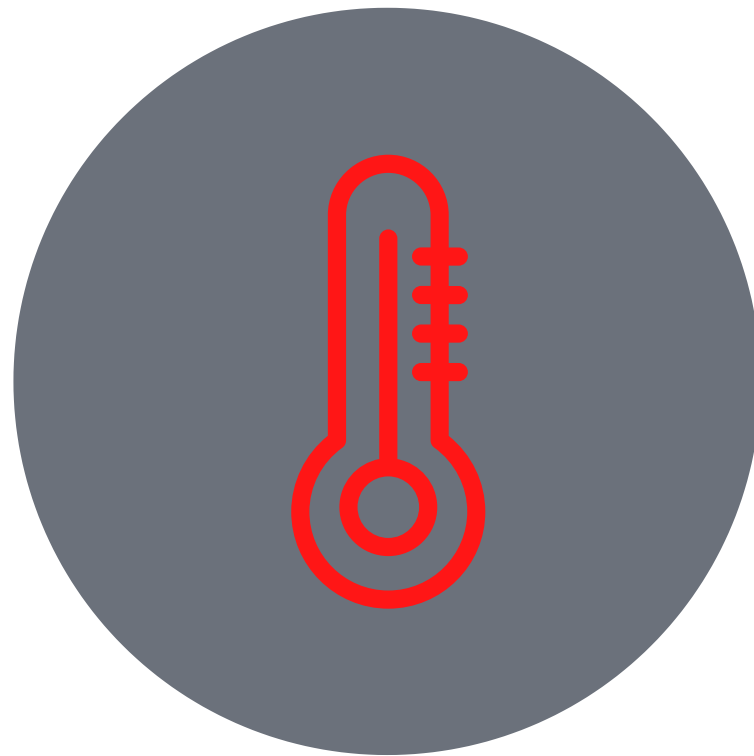


ENERGY SAVING TIPS



30 DEGREE WASH

Setting your machine to a cooler wash saves a significant amount of energy, so it pays to do this where possible!



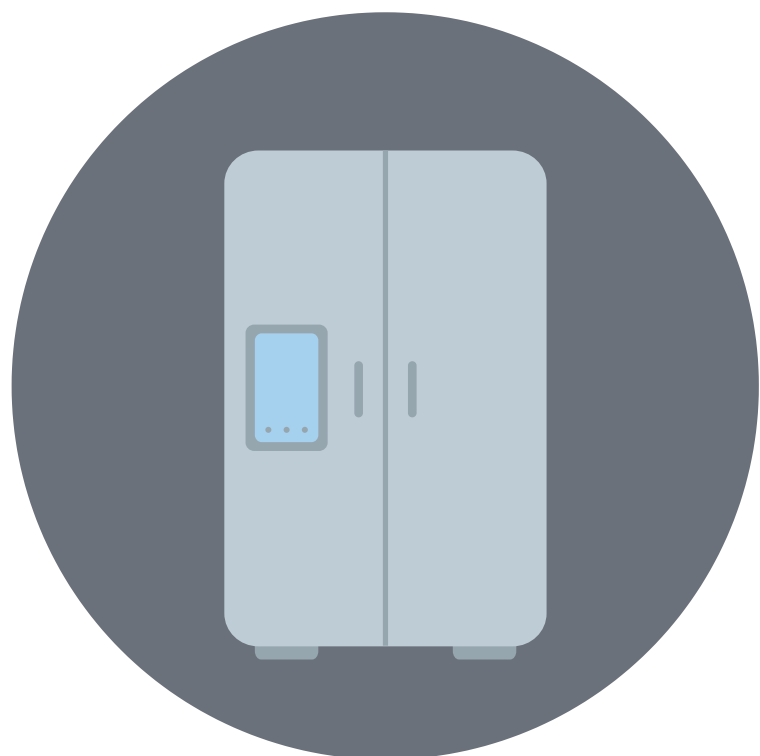
CHECK YOUR THERMOSTAT

Turn down your thermostat by one or two degrees and put on an extra layer of clothing, which can save between £5 and £10 per month on your energy bill.



DON'T OVER-FILL

Boiling a kettle half full instead of full four times a day can save enough energy to run a TV for four hours, so just boil what you need instead of filling up the whole kettle.



DEFROST FREEZERS

Keeping your fridge and freezer free of frost will boost their efficiency and use less energy. Keeping your fridge at least three quarters full will also boost its efficiency.



SWITCH OFF STANDBY

Leaving electrical devices on standby such as TV's and microwaves amounts to around 8% of the average electricity bill. This could save you £30 per person per year.



SWITCH TO LED

LED bulbs are more energy efficient than regular lightbulbs. This small change can be implemented gradually when your current bulbs reach end of life.