



TEN TOP TIPS – Energy efficiency made easy

1. **Switch it off.** Turn off the light when you leave a room. It will help keep the electricity bill down.
2. **Get clean in a stream.** Take a shower not a bath. You could take five showers for the same amount of water as a bath.
3. **Shut it up.** Close curtains and blinds at dusk. This helps to insulate the windows and keep the heat in your house.
4. **Stay low.** Only use the washing machine/dishwasher when it's full. Dry your clothes outside and only use tumble dryers if really necessary.
5. **Make it in waves.** If you have one, use a microwave for cooking small items. Microwaves use less electricity than electric or gas ovens and don't need pre-heating.
6. **Don't standby.** Always turn off your TV, stereo or P.C. completely. Remembering to switch them off when you leave the room could save a lot of energy in the long run.
7. **Consider kettles.** Only boil the amount of water you need in your kettle. If everyone boiled only the water they needed to make a cup of tea instead of filling the kettle every time, we could save enough electricity to run practically all the street lighting in the country.
8. **Turn it down.** Check your room temperature and only use the central heating when you need it. The ideal temperature for a living room is 21 C.
9. **Put a lid on it.** Use lids on saucepans and match ring size to pot. Use pots and pans just big enough for the amount you are cooking, and use a cooker ring that's just big enough for the pot – otherwise you'll waste energy.
10. **Keep cool.** Allow food to cool before placing it in fridge or freezer. Hot food will raise the temperature in the fridge or freezer, so it has to work harder to keep everything cool.



