

Top Tips for Saving Energy At Home!

Some of these are tips that we can all follow, and some you might have to ask your parents to help with...

1. **Turn off the lights** when you leave a room, and turn off the TV, computer, video games and other electrical equipment when you leave the room.
2. **Lower the thermostat** on your heating. To keep warm without wasting energy, put on a sweatshirt or snuggle under a blanket. Did you know that lowering your heating by 1°C can save you as much as £70 per year?
3. Make sure that you **close the fridge quickly** after you have used it. Every time you open the door, up to a third of the cold air can escape.
4. When you fit new light bulbs, make sure they are **energy-saving bulbs**. Fitting just one energy-saving light bulb can save you on average £3 a year - and by swapping all the bulbs at home you could save around £55 per year.
5. **Use a lower temperature** on the washing machine when washing your clothes. Washing at 30-40°C could save lots of energy!
6. **Have a shower!** Showering uses less hot water than having a bath, so can help you save even more energy!
7. **Unplug chargers** when you're not using them. If you leave the socket switched on, chargers can carry on using energy even when they aren't doing any charging!
8. Fill your kettle with the **amount of water you need**, rather than filling it to the top.

9. **Boil water for cooking in the kettle** rather than heating it in the saucepan - this will take less energy.

10. Always **make your toast in the toaster** rather than on the grill to use as little energy as possible!