

## How much energy do we use at home?

### 1. What temperature do you have your central heating set to?

Reducing your room temperature by just 1°C could save you between £85 and £90 a year. If you have a programmer, set your heating and hot water to come on only when required, rather than all the time.

### 2. Do your family wear jumpers indoors during the winter?

Wearing more clothes means you can turn down your central heating thermostat.

### 3. Do you leave lights on, when you're not in the room?

Even if you switch a light off for just a few minutes, you will save more energy than it takes for the light to start up again.

### 4. What temperature do you use for most of your family's washing?

Turn your washing machine down to 30 degrees - and always make sure the drum is full before putting it on (one full load uses less energy than two half loads).

### 5. Find out how old are your fridges and freezers?

Do you know their appliance energy rating (A+++ to G)? Fridge freezers that are more than 15 years old are likely to be using more electricity than required. Dust the back of the fridge once a year to keep it running efficiently.

### 6. How much water do your parents put in the kettle when they want a hot drink?

Fill the kettle/just enough for the number of cups they want. When boiling a kettle, only fill the kettle with the water you need immediately - you'll save around £7 a year.

### 7. Do any taps drip?

Fix leaky taps. A dripping hot tap wastes energy from heating as well as up to 95 litres of water a day.

### 8. Do you use a bowl, a dish washer or a running tap to wash up?

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Use a bowl to wash up rather than a running tap and you could save £30 a year in energy bills. If you use a dishwasher, make sure it is full before you switch it on, and don't rinse plates before loading. Scrape food waste directly into the bin, before loading plates into the dishwasher.

### 9. Can you feel draughts blowing through windows, doors, floors or skirting boards?

Draught-proof windows and doors, and block cracks in floors and skirting boards, to save up to £25 to £35 a year on energy bills.

### 10. Do you dry clothes on a washing line outside or in a tumble dryer?

Where possible, dry clothes outside instead of using a tumble dryer.

### 11. Are any appliances left on stand-by when not in use?

You could save around £30 a year just by remembering to turn your appliances off standby mode.

### 12. What type of light bulbs do you use at home?

LED/compact fluorescent/halogen/traditional incandescent bulbs. An LED could save you more than £180 in energy use over its lifetime, compared with an old-style incandescent bulb.

