

## Energy efficiency in the home

Using less electricity and gas is not just good for the environment—it can also help you save money on your bills. Simple changes can help, like switching off the TV at the wall rather than leaving it on standby. There are lots of other ways you can use less energy.

Household appliances can make up around a third of your home energy usage. There are lots of things you can do to reduce energy usage in your home, and many are cheap or free.

### In living areas:

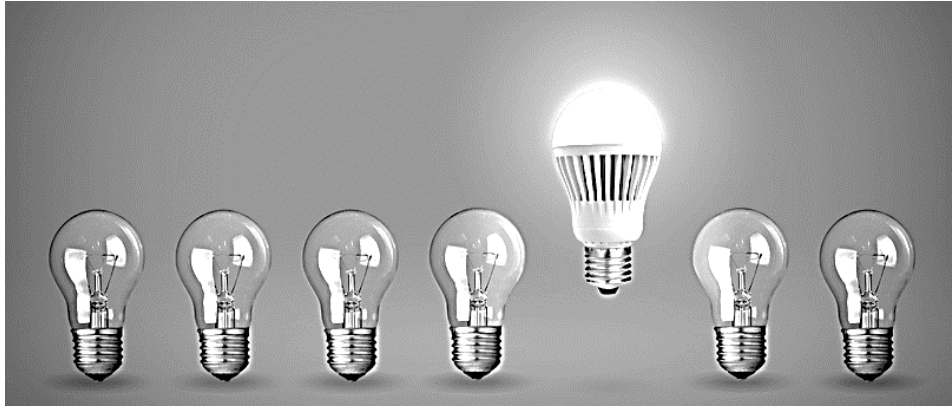
- install energy efficient lighting
- turn lights off when not needed
- switch off appliances at the wall
- buy appliances with the best energy efficiency rating that you can afford
- close your curtains and blinds at night to protect against cold drafts and open them during the day to let in warming sunlight

### In the kitchen:

- provide space for air to move around the fridge and make sure the door seals are intact
- cover pots and pans to reduce cooking time
- only run the dishwasher when full
- ensure oven seals are not broken.

### In the bathroom and laundry:

- use your washing machine only when you have a full load and use cold water where possible
- clothes dryers can be expensive to run so try to avoid using them. Use airing racks and lines to dry your washing
- install a water efficient shower head.



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