



T&R SUTTON'S TOP 10 ENERGY-SAVING TIPS

Small changes to how you use energy will help you save money and the environment.



You can do many things to help keep your energy bills down. Our top 10 includes some simple tips to help you save energy all year round, and most won't cost you a penny.

Our top 10 energy-saving tips

1. Switch off lights and electrical appliances when not using them

- To save the most energy, switch off the power point rather than leave appliances on standby.
- Turn off your heater, cooling units and appliances when you go to bed or leave the house.
- Switch off your computer and equipment such as printers or Wi-Fi routers overnight or when you're away. Most computers have energy-saving settings that will turn the computer and screen off after a period of inactivity.

2. Switch to energy-saving LED light globes

- Energy-efficient globes could save up to 80% off your lighting costs. This is because LED bulbs use less power and last longer. That means you spend less money and time replacing them.

3. Shut doors and close curtains

- Shut doors to areas you're not using, and only cool or heat the rooms where you spend the most time.
- In cooler months, make sure your curtains or blinds seal your windows properly.
- Stop cool air leaking out by blocking draughts around doors and windows.
- In warmer months, keep your curtains closed during the day.
- External blinds or canvas awnings will also help keep your house cooler.

4. Save energy in how you wash and dry clothes

- Wait until your machine is full before starting a washing cycle.
- Washing clothes in cold water can save around £100 per year.
- You can also save by selecting the shortest appropriate washing cycle.
- Clothes dryers use lots of energy. Hang clothes outside to dry or use a fan to help dry them indoors.

5. Understand and improve your home's energy use

- Get a smart meter - If you are energy conscious or looking to save money, then it is definitely worth installing a smart meter. You can use the meter to monitor your usage and your power consumption, meaning you can adjust how you work accordingly to cut costs and do your bit for the environment.
- If you use a smart display you can visually track your usage in real-time. You will be able to easily identify how you are using energy and if any of this is unnecessary. By changing your behaviour in response to the readings on the smart display, it is possible to make savings on your gas and electricity bills.
- Whether selling or renovating, renting or just worried about high energy bills, a home energy assessment can help you save energy and money on bills by identifying your home's features that contribute to high energy bills and the improvements you can make.

6. Save energy in the kitchen

Fridge

- Your fridge runs 24/7 and is one of your most expensive appliances.
- The ideal fridge temperature for your freezer is 4 or 5 degrees Celsius and -15 to -18 degrees.
- Ensure the fridge door seal is tight and that no gaps or cracks let cold air escape.
- If you have a second fridge or freezer, only turn it on when needed.

Cooking

- Put frozen food in your fridge in the morning to thaw out and reduce cooking time in the evening.
- When cooking, use the microwave when you can. Microwaves use much less energy than electric ovens.
- Using a stove, keep lids on pots to reduce cooking time.
- Plan to cook more and have leftover meals for the next day or the whole week. Keep leftover meals in the freezer.

Dishwasher

- Use the economy cycle on your dishwasher, and only run it when it's full.

7. Manage your heating and cooling

- Every degree above 20 degrees can add 10% to your heating bill. In winter, heating can account for over 30% of your bill.
- In winter, set your thermostat to between 18 and 20 degrees. In summer, set your thermostat to 26 degrees or above.
- Save money by switching to more energy-efficient heating.
- If you have gas heating and a modern reverse-cycle air-conditioner, try using your reverse-cycle system in heating mode. This will reduce your winter bills and improve heating efficiency.

8. Get the best energy deal

- One of the easiest ways to reduce energy costs is to compare energy offers.
- You just need access to the internet, a recent bill, and some information about your household.
- Comparisons only take about 10 minutes, and users can typically save £330 a year on energy costs.

9. Insulate your roof

- An insulated roof can make a big difference to your energy bills. Effective roofing insulation can save you up to 20% on cooling and heating costs.

10. Save money with solar energy

- Using solar electricity you generate can reduce the amount of energy you need to buy from your provider. Solar hot water systems can also help you avoid gas charges using a gas-fired water heater.
- Investigate more about solar energy, including tariffs, incentives, installation and energy companies.
- Find out more about how small changes can make a difference to our environment and our future at reducing your carbon footprint.

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