

# RUN YOUR HOME FOR LESS



## Want to find ways to run your home for less?

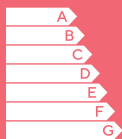
Check out our list of handy tips and tricks to help you stay warm and save money on your energy bills.

Turn your room thermostat down by just 1°C.

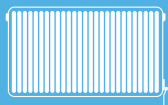


This could cut your heating bill by 10%, which is an average saving of £35 per month.

Look for appliances with the highest efficiency rating A++ and the energy saving recommended logo. An A rated washing machine will use less than seven pence worth of electricity per cycle and save on the amount of water used.



If you have a water cylinder turn it to 60°C. This is hot enough to kill harmful bacteria and heat your water sufficiently. Any higher is a waste of energy and increases the risk of scalding.



Bleed radiators regularly to ensure they are working at maximum efficiency.

Check you are with the cheapest supplier. Visit the Uswitch website [www.uswitch.com](http://www.uswitch.com)



In the UK we waste **£140 million** a year by leaving lights on unnecessarily.

Remember to turn the lights off when you leave a room - this can save you **£7.50** a year.



The average household wastes **£37** a year by leaving appliances on standby.



Turn things off at the mains when not in use or fully charged, especially overnight.

Avoid letting taps run when brushing your teeth or shaving. Just 10 minutes of running water a day would waste **22,000 litres** per year at a cost of **£30**.



Dryers use up lots of energy so if you must use it, spin or dry clothes as much as possible so you can use it less.

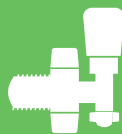
Set heating controls so that your property is only heated when you are in the house.



Drying clothes on radiators blocks heat from warming the room and causes condensation. Use a clothes horse instead.



If you have adjustable radiator valves, turn radiators down to their lowest setting in unused rooms, but not off.



Switching from a **60W** bulb to an energy efficient **20W** bulb will save you **£5-£10** a year on your electricity bill per bulb.



A dripping tap can waste **140 litres** a week - almost enough to fill two baths. Get leaks fixed; report them to us on **0300 111 1144**

You can also save money while finding small ways to make a big difference to our planet. Why not try:

Re-using bags to reduce the number of plastic bags that end up in landfill, in the oceans and as litter.



Buying food that doesn't come with excessive plastic packaging. Buy loose alternatives if possible (they're usually cheaper!)



Buying food that's in season. It's usually cheaper, tastes better and has travelled fewer miles.



Driving at **50mph**; this uses **30% less fuel** than driving at **70 mph**.

The average driver can save around **10%** on fuel by driving more efficiently. Try accelerating gently, driving more smoothly and changing into the highest appropriate gear as soon as you can.



The average person receives **19kg** of junk mail a year. Opt out of unsolicited direct mailing lists by registering with the Mailing Preference Service at [www.mpsonline.org.uk](http://www.mpsonline.org.uk), or by phone on **0845 703 4599**.



Removing excess weight from your car if not needed e.g. a roof rack will reduce your fuel consumption.



Recycling has never been easier. Recycle at home using your recycling bins or communal facilities

For even more advice on how to run your home for less, visit our energy advice webpage: [jigsawhomes.org.uk/information-article/energy-advice/](http://jigsawhomes.org.uk/information-article/energy-advice/)