

Energy saving tips

Home energy efficiency is mainly dependent on your home - for example, how you normally cook meals, and what technology you use during the day. There are some simple ways of reducing your general usage that actually cost you very little or even nothing at all.

- Fill the kettle only with what you need. The more water you need to boil, the more energy it uses.
- Think about cooking meals in bulk. This saves you energy over the long term as your cooker is on for less time.
- Although we're in the midst of warmer weather, think about the levels you set for your central heating, and whether using a timer is suitable.
- Not using it? Switch it off at the plug! You'd be surprised how much energy electronic devices use even when they're on standby. Some mobile phone chargers can be particularly bad for this!
- Using a lower heat on your washing machine is not only more energy efficient but is also better for the environment.

Want to find out more? There are plenty of places online with further advice. Most suppliers will have a page dedicated to sharing tips and ideas. Or perhaps try the [Energy Saving Trust](#), who have a huge number of resources dedicated to helping you become more energy efficient.