

- *Energy saving tips:*
  - Don't leave appliances on standby - **this can save £300 pa**
  - Install at least 3 Energy Saving Recommended bulbs - **Traditional bulbs waste a lot of their energy by turning it into heat. Replacing just one can reduce your lighting costs by up to £100 over the lifetime of the bulb. They also last, on average up to 12 times longer than ordinary light bulbs.**
  - Only boil as much water as you need - **If we all did this we'd save enough electricity to power two thirds of the street lighting in the UK.**
  - Insulate your loft - **Insulating your loft is one of the simplest ways to save energy and it's a job that you can easily complete yourself. Although its one of the most important things you can do, insulating your loft is not expensive and a standard 270mm layer could save as much as £180 to £220 a year on fuel bills**
  - Buy Energy Saving Recommended appliances - **Energy saving appliances use less energy and could save you up to £45 a year**
  - Turn your thermostat down by 1C - **Reducing your room temperature by 1°C could cut your heating bills by up to 10% and save you around £40 per year.**
  - Wash your laundry at 30C - **Washing at 30C rather than normal temperatures means you use 40% less electricity**
  - Close your curtains at dusk to stop heat escaping through the windows.
  - Always turn off the lights when you leave a room.
  - Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C
  - Also - change supplier e.g. ecotricity, microrenewables
  
- *Water*
  - Turn the tap off when brushing your teeth
  - Use a cistern brick to reduce water used per flush - or install dual flush loos
  - Install a water butt to collect rain water for use in the garden - don't need potable water
  - Use washing up water to water the garden
  
- *Transport*
  - Use you car less and public transport more. Walk and cycle, car share.
  - Avoid flying if you can - there's no such thing as a cheap flight because the ticket price is not reflecting the environmental damage planes cause, and avaiation doesn't have to pay tax on fuel!

- *Waste*
  - REDUCE:REUSE RECYCLE
  - Reduce the waste you produce e.g. don't accept plastic bags
  - Reuse what you can e.g. ice cream tubs for freezing food
  - Recycle paper, cans, card, glass and plastics - If all the aluminium drinks cans sold in the UK were recycled, there would be 14 million fewer full dustbins per year, recycling it requires only 5% of the energy it takes to make new aluminium - and produces only 5% of the CO<sub>2</sub> emissions.
  - Compost your kitchen and garden waste
  
- *Food*
  - Buy local food where possible - reduce food miles
  - Eat less meat
  - Buy free range
  - Ideally buy organic produce
  - Cook from first principles - ready meals use huge amounts of energy in their production
  - Support local stores and markets over supermarkets