



100 easy ways to Save Energy Money and the Environment

Asset & Facilities Management

 "Listening Learning Delivering"

South Kesteven District Council

STAMFORD • GRANTHAM • BOURNE • THE DEEPINGS

Save Money by Saving Energy

Top Tips

Insulation

Draw curtains at dusk to stop heat escaping and to reduce draughts. This can save you between £10-20 per year.

Insulation Insulate your loft with at least 270mm (10 3/4") fibreglass or similar insulation.

Fridges & Fridge Freezers

New fridges, freezers and fridge-freezers sold by electrical retailers carry an energy efficiency rating label (A-G). Choose an A or B rated appliance to get the most energy harder.

Home Laundry

Avoid drying clothes on radiators as it lowers the room temperature, making your boiler work harder.

Lighting

Install low energy light bulbs in rooms you use regularly - they last up to 15 times longer than a normal light bulb and provide the same lighting for a quarter of the running cost.

Cooking

When boiling vegetables, use just enough water to keep them covered.

Appliances

Always use the television's on/off switch. Do not leave the television on standby as this wastes energy.

Use a jug kettle that has a water level gauge to ensure you only heat the amount of water you need.

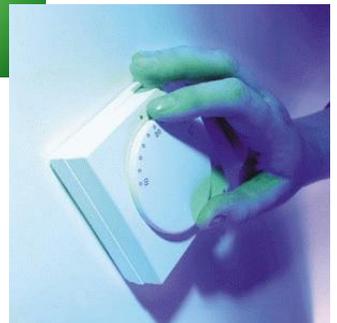
Home Heating

Turning room thermostats down by just 1oC could cut up to 10% off your fuel bill.

Water Heating

If you have an old thin lagging jacket, fit a new 80mm (3”) jacket over it - it'll pay for itself in a matter of months.

Energy	
Manufacturer Model	Fridge-Freezer
More efficient	A
A	
B	
C	
D	
E	
F	
Less efficient	
G	
Energy consumption kWh/year <small>(Based on standard test results for 24h)</small>	325
<small>Actual consumption will depend on how the appliance is used and where it is located</small>	
Fresh food volume l	190
Frozen food volume l	126
	XXXX
Noise <small>(dB(A) re 1 pW)</small>	
<small>Further information is contained in product brochures</small>	
<small>Norm EN 153 May 1999 Regulation Label Directive 2002/95/EC</small>	



100 Ways of Saving Energy Saving

Fridges and Freezers

1. Allow cooked food to cool before putting it away.
2. Never overfill a fridge to ensure the cold air can circulate freely.
3. Never leave doors or lids open longer than necessary - keep the cold air in.
4. Make sure the door shuts tightly if you can't trap a piece of paper in the door, the seal probably needs replacing.
5. Try to keep your freezer at least three quarters full at all times use crunched up paper or empty cardboard boxes to fill space up.
6. Switch off the fast freeze control as soon as food is frozen.
7. Place fridges and freezers away from cookers, heaters and out of direct sunlight.
8. Never allow more than 6mm (1/4") thickness of ice to build up in your freezer.
9. Use a fridge thermometer to check the temperature is at the recommended level.
10. Keeping the back of your fridge/freezer dust free helps to improve its energy efficiency.
11. New fridges, freezers and fridge-freezers sold by electrical retailers carry an energy efficiency rating label (A-G). Choose an A or B rated appliance to get the most energy efficient.

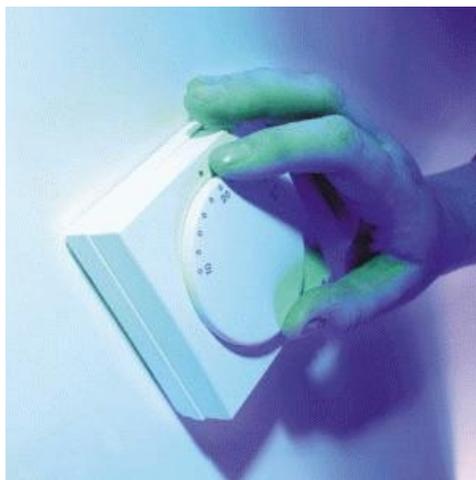
Cooking

12. Vegetables cook quicker in a microwave oven, retain their colour and nutritional content.
13. Cover saucepans with lids whenever possible to reduce the cooking time.
14. Match saucepans to the size of ring - never use a larger ring with a small saucepan.
15. If you have dual rings, use the inner ring whenever possible.

16. If recipes allow, cut food into small pieces so they cook quicker.
17. Save energy by using a steamer or segmented pans - you can then cook two lots of vegetables on the one ring.
18. Whenever possible, cook small items under the grill instead of in the oven.
19. Once vegetables are boiling, turn them down to simmer.
20. When boiling vegetables, use just enough water to keep them covered.
21. Switch your oven off as soon as possible - some dishes will continue to cook in residual heat.
22. Many modern ovens, particularly those with fans need little or no pre-heating.
23. Try to use all available space in an oven and then freeze additional dishes.
24. Electric toasters are quicker and more energy efficient than grills for toast.
25. Electric deep fat fryers are more economical and safer than chip-pans.
26. Use a pressure cooker as it speeds up the cooking process.
27. Halogen hobs are efficient, controllable and easy to clean.
28. Slow cookers are more efficient for many dishes.
29. When using a gas hob don't allow the flames to burn around the outside of the pan.

Home Heating

30. Use programmers or time-switches to heat rooms you use occasionally.
31. Choose the right size storage heater to suit your rooms and conditions.



32. Turning room thermostats down by just 1oC could cut up to 10% off your fuel bill.
33. Don't put storage heaters under windows.
34. Turn your heating down rather than opening a window to reduce the room temperature.
35. Reflective foil panels, discreetly attached to the external wall behind your water-filled radiators, help reduce the heat loss from the home.
36. Use modern heating systems that have thermostats and programmers for controlling space and water heating systems.
37. If you have a gas, oil or solid fuel system, consider fitting thermostatic radiator valves to control the room temperature.
38. Never cover radiators with curtains or furniture as this reduces their efficiency by 30% and wastes valuable heat.
39. Ensure you're not over-heating your house overnight by turning the thermostat down a few degrees.
40. Add heating controls to your central heating system and cut your costs by up to 20%. It could save you up to 12% on your fuel bill.
41. Consider a highly efficient gas condensing boiler when it's time to change your old one.
42. For safety and efficiency, have your boiler serviced regularly.
43. Replace your boiler if it's over 15 years old and save up to 20% on your fuel bill.
44. Take a shower instead of a bath a bath can use up to five times as much hot water as a shower.
45. If you're having a bath don't waste water by overfilling a bath.
46. Whenever possible, put the plug in rather than washing hands under a running hot tap. You could save approximately £15 per year.
47. If possible, use a washing up bowl in the kitchen sink so you use less hot water.
48. If you are using electricity to provide your hot water, check that you are using off-peak cheap rate electricity.

49. If you have an old thin lagging jacket, fit a new 80mm (3") jacket over it - it'll pay for itself in a matter of months.

50. Wrap all exposed pipes in insulation material - hot and cold - then you'll avoid losing heat and the pipes will be less likely to freeze in cold weather.

51. Consider using the kettle when you only need a small amount of hot water - especially if the sink is a long way from your hot water cylinder.

52. Don't set your immersion heater thermostat too high - 60oC is ideal.



54. If your central heating boiler also heats your hot water, you could fit a cylinder thermostat.

55. Replace washers on dripping taps - in just one day you might be wasting enough hot water to fill a bath.

56. When going on long holidays, remember to switch your water heating off.

Insulation

57. Insulate your loft with at least 270mm (10 3/4") fibreglass or similar insulation.

58. Use loose-fill insulation to ensure you fill in those inaccessible corners in the loft.

59. Lag cold water pipes in the loft but don't lag under the cold water tank.

53. Make sure your taps are fully turned off.

60. Remember to put draught-stripping around any loft hatch or roof space door.

61. To stop draughts, spray insulation foam around the pipe-work where they enter the dwelling.

62. If your walls are suitable, cavity wall insulation will substantially reduce heat loss.



- 63. Large windows are a major cause of heat loss and whilst double-glazing can be expensive to install, it's probably worthwhile if you are replacing the window frames.
- 64. Simple internal secondary double-glazing can be cost effective.
- 65. Invest in a draught excluder flap for your letterbox.
- 66. Thick carpets with ample underlay are good insulators and help stop heat loss through solid concrete floors.
- 67. Seal draughty gaps between floorboards, skirting boards and behind bath panels and save around £20 per year.
- 68. Draughts around doors and windows can usually be stopped with inexpensive draught stripping.
- 69. Ensure that curtains are fully lined to save valuable heat.
- 70. Draw curtains at dusk to stop heat escaping and to reduce draughts. This can save you between £10£20 per year.
- 71. Keep windows and internal doors closed to stop heat escaping from the roof.
- 72. Use rolled up blankets or sausage-shaped cushions to keep out draughts under doors and on window sills.
- 73. A keyhole cover can help reduce draughts through mortice-type locks.
- 74. Insulate the back of the loft hatch by securing a piece of insulation to it.

Dish Washing

- 75. Always run your dishwasher with a full load whenever possible.
- 76. Use the dishwasher 'Economy' setting to wash lightly soiled dishes.
- 77. Buy a model size to meet your daily needs.
- 78. Always wash at the lowest temperature advised by the manufacturers.
- 79. Rinse hand washed dishes in cold water rather than hot.
- 85. Don't over-dry clothes in the tumble dryer - it saves energy and makes them easier to iron.
- 86. Avoid drying clothes on radiators as it lowers the room temperature, making your boiler work harder.
- 87. Do not use higher wattage bulbs than necessary.
- 88. Install fluorescent tubes in the kitchen which give bright lighting, longer lamp life and reduce running costs.
- 89. Using a movement detector to control halogen security lighting helps to cut down excessive use.

Home Laundry

- 80. Always try to wash with a full load.
- 81. If your machine has a half load (economy wash) programme use it when you haven't got a full load.
- 82. Wash at 30o.
- 83. Fabric conditioner reduces creases which means less ironing time.
- 84. Don't put really wet clothes into a tumble dryer - wring them out or spin them first.
- 90. Install low energy lights in all appropriate fittings in the rooms you use regularly - they last up to 15 times longer than a normal light bulb and provide the same lighting for a quarter of the running cost.
- 91. Switch lighting off when a room isn't being used.
- 92. Dust/clean lamp shades and bulbs regularly to ensure maximum light output.

93. If you leave outside lights on overnight, gain double the benefit by installing a low energy lamp which has a sensor to ensure it stays off during daylight hours.
94. Use a jug kettle that has a water level gauge to ensure you only heat the amount of water you need.
95. Kettles are more efficient than pans for boiling water.
96. Modern televisions consume less than half the electricity of older models.
97. Most modern appliances are more energy efficient, so buying a new appliance should mean energy savings - look out for those with an efficiency label.
98. Always use the television's on/off switch. Do not leave the television on standby as this wastes energy.
99. De-scale electric kettles regularly - the build up of scale means it takes more energy to boil the same amount of water.
100. Unplug mobile phone chargers when not in use.



REMEMBER

'Reach for a jumper before you reach for the thermostat'

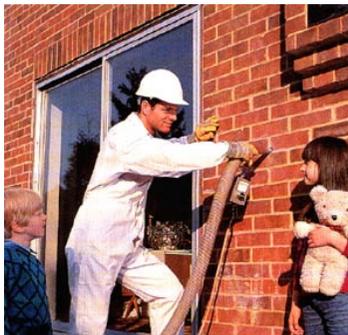
'Wasting energy costs the earth'

'Wasting energy costs you - saving energy makes sense'

For more specific energy saving ideas, please telephone the Energy Saving Trust on 0800 512012

or contact

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