

Don't leave your **mobile phone** or other devices to charge overnight or when you're not in.

Unplug the charger as soon as the battery is charged.



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Make sure your **radiators or heaters are not obstructed** by furniture or curtains.



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If you have a problem, **complain to your energy company** by calling or writing to them. If that doesn't work, **contact the Citizens Advice Consumer Service.**



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Find a cheaper deal on your gas or electricity tariff using a **price comparison website.**



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Buy a multi-power down plug or remote control device, to switch all your appliances off at the socket all at once.



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Put a jumper on before you turn the heating up, and keep heating at between 18 and 20 Celsius (or the lowest comfortable temperature).



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Instead of boiling vegetables in different pans, **get a multi-steamer** and only use one pan of water.



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Use lids on pans and saucepans when possible.

The contents heat up faster and use less energy.



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When cooking **make a few meals at a time and freeze them** for later.

Re-heat them in a microwave to save more!



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Leave the oven door open after cooking so the heat can warm your kitchen.



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Phone the **Home Heat Helpline** to see if you can claim the **Warm Home Discount** or other benefits.



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Find out **what payment method is cheapest** and works with your budget.



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Wash your clothes on a **30 degrees** setting.

For **dirtier items**, think: do I really need to wash them at 40 or 60 degrees?



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Use your washing machine for a **full not half** load of washing, and **choose 'Eco'** settings whenever possible.



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Have a shower instead of running a full bath.

Don't put warm food in the fridge or freezer, and don't leave the door open.




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
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Use a **clothes rail when drying clothes indoors**, rather than drying things on a radiator or heater. This wastes energy and can cause damp.


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Try to **limit showers to 4 minutes**.

You may be able to get a free shower timer from your water company.


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Choose the most energy efficient home appliances you can afford. It should save money in the long run.


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Only **boil the water you need**.
Use a cup to measure the water for the kettle.

Or, **fill a flask with hot water** for the day.


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Defrost your fridge and freezer regularly, and replace the door seals if you need to.


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Buy a **hot water tank insulation jacket**.


If replacing a boiler consider a new A-rated condensing boiler (or ask your landlord to consider doing these).

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Share energy saving tips with others in your household.


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Take regular meter readings to send to your energy company, to ensure you are billed for what you actually use.

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
Find out about **loft, roof, and wall insulation**, or talk to your landlord about this.

You may be eligible for a grant for this.


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Buy a **water-efficient shower head** for your bath or shower.


You may get one free from your water company.

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Only **heat the rooms you need** – keep the doors closed and the heat in!


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Your utility company may **offer grants to help with energy debts** and white goods


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Draught-proof your doors and windows using draft excluders or tape.


Thick curtains can also help.

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
Don't leave items on standby – turn them off at the wall or with a power switch.

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Deal with your energy debts – contact the **National Debtline, Stepchange**, or your local **Citizens' Advice Bureau**.

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Your landlord is **responsible for outside repairs**, so let them know if you have drafts or leaks through your roof or walls.

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