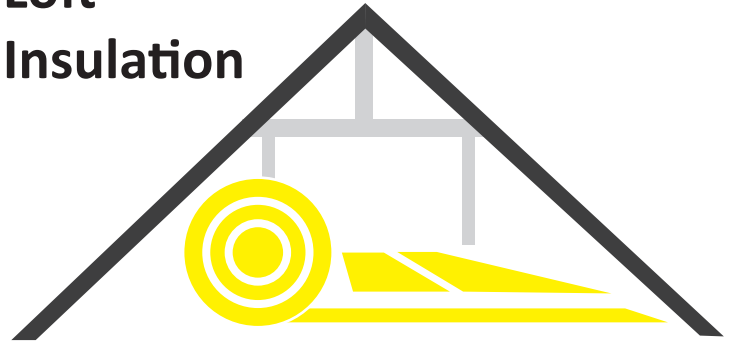


## Curtains

Q  
S  
A

Resource developed by Made of Money,  
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[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

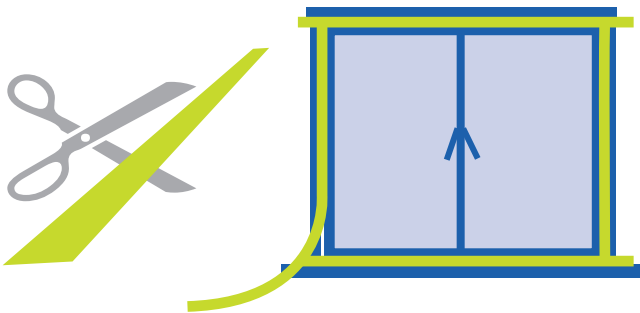
## Loft Insulation



Q  
S  
A

Resource developed by Made of Money,  
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[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

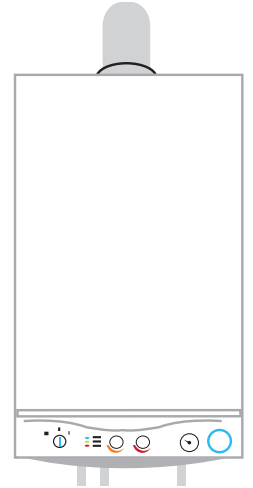
## Draft Proofing



Q  
S  
A

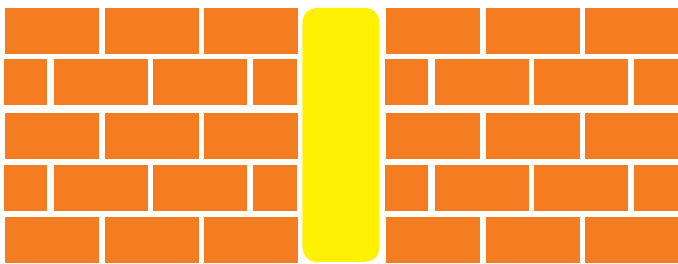
Resource developed by Made of Money,  
a project of Quaker Social Action.  
[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

## Energy Efficient Boiler



Q  
S  
A

Resource developed by Made of Money,  
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[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

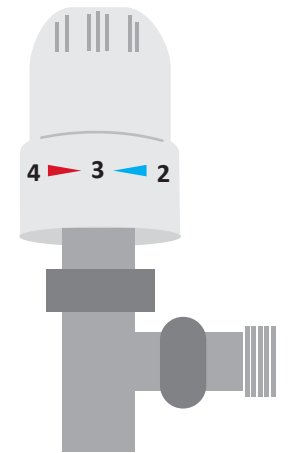


## Wall Cavity Insulation

Q  
S  
A

Resource developed by Made of Money,  
a project of Quaker Social Action.  
[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

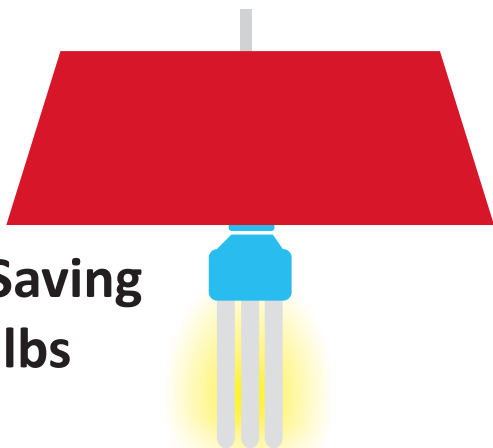
## Thermostatic Radiator Valves



Q  
S  
A

Resource developed by Made of Money,  
a project of Quaker Social Action.  
[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

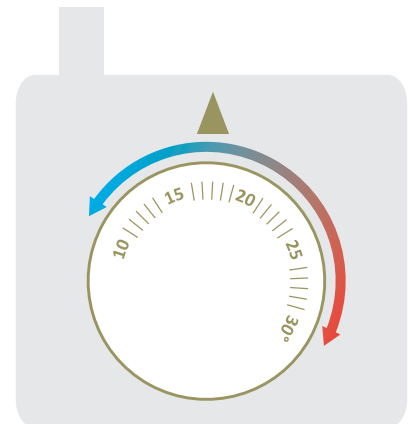
## Energy Saving Light Bulbs



Q  
S  
A

Resource developed by Made of Money,  
a project of Quaker Social Action.  
[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

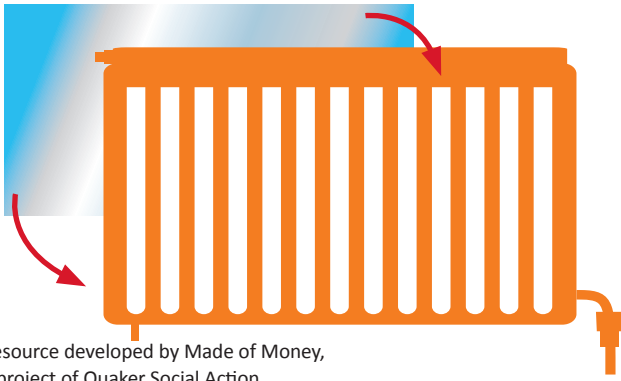
## Thermostat



Q  
S  
A

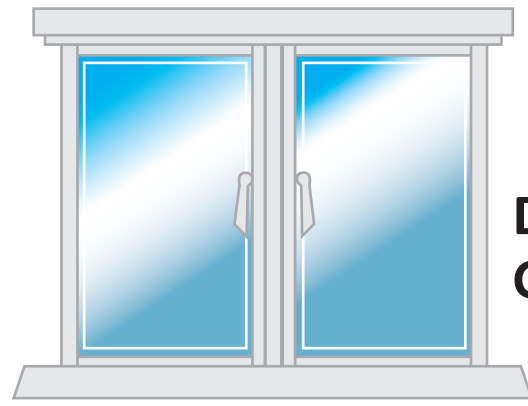
Resource developed by Made of Money,  
a project of Quaker Social Action.  
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# Radiator Reflector



Q  
S  
A

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# Double Glazing

Q  
S  
A

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# Turn off Standby

Q  
S  
A

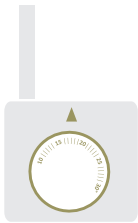
Resource developed by Made of Money,  
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# Recycle

Q  
S  
A

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# Put on a jumper



Q  
S  
A

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# Use a multi- steamer



Q  
S  
A

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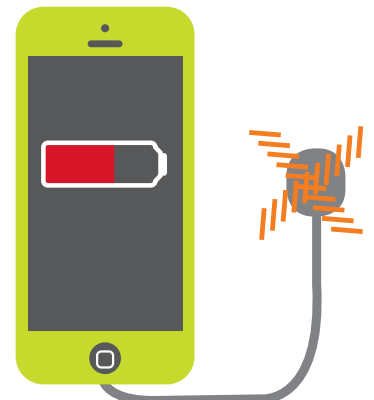
# Use a lid on saucepans

Q  
S  
A

Resource developed by Made of Money,  
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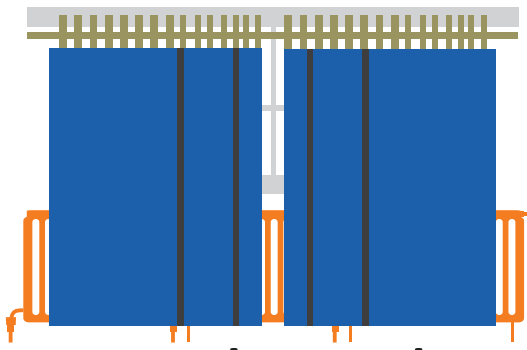


# Do not charge overnight



Q  
S  
A

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## Do not obstruct heat

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## Get help with energy debt



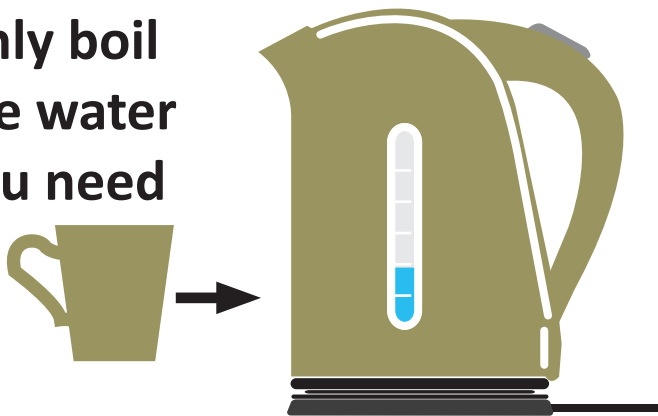
Resource developed by Made of Money,  
a project of Quaker Social Action.  
[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

## Claim Warm Home Discount



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## Only boil the water you need



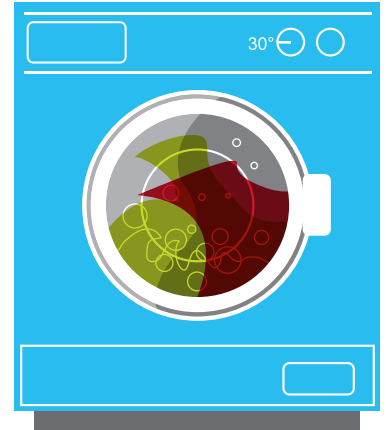
Resource developed by Made of Money,  
a project of Quaker Social Action.  
[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

## Get an energy efficient showerhead



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## Wash clothes at 30°

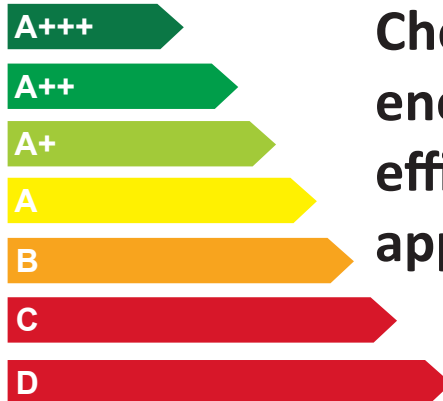


Resource developed by Made of Money,  
a project of Quaker Social Action.  
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## Make sure full when used



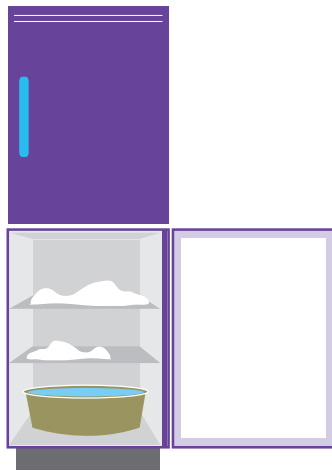
Resource developed by Made of Money,  
a project of Quaker Social Action.  
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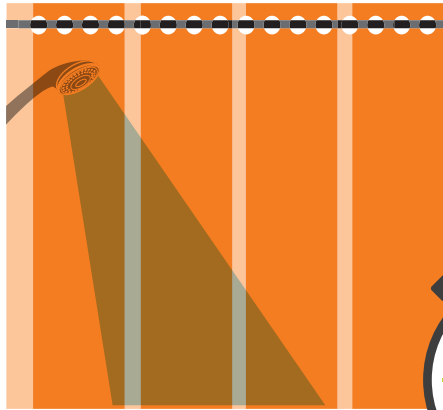
## Choose energy efficient appliances

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## Defrost your fridge and freezer regularly



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## Take 4 minute showers



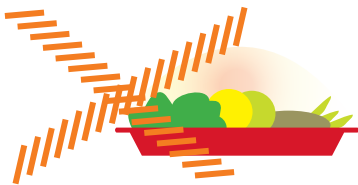
Resource developed by Made of Money, a project of Quaker Social Action. [www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

## Find cheapest payment method



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## Don't put warm food in the fridge or freezer



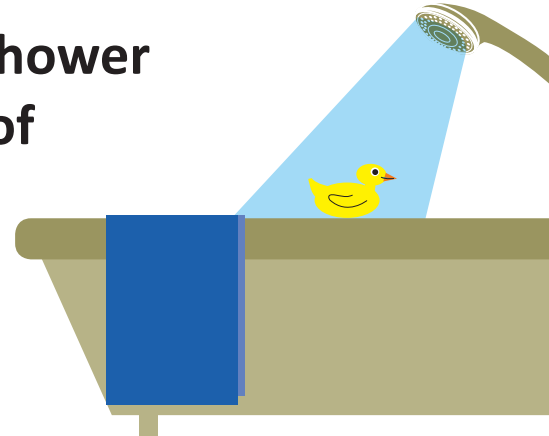
Resource developed by Made of Money, a project of Quaker Social Action. [www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)



## Share energy saving tips

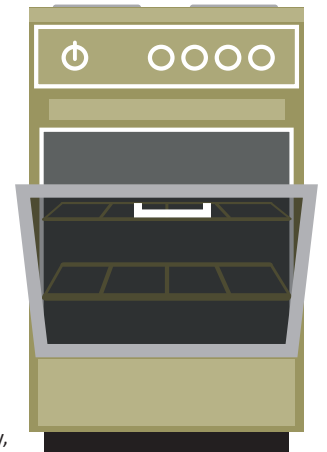
Resource developed by Made of Money, a project of Quaker Social Action. [www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

## Have a shower instead of a bath



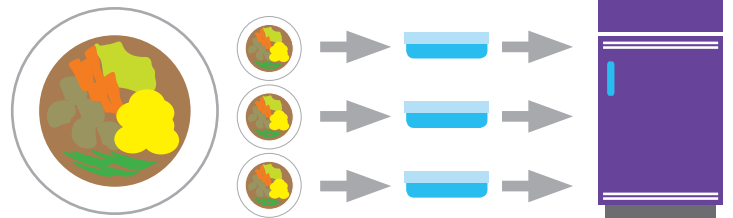
Resource developed by Made of Money, a project of Quaker Social Action. [www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

## Leave the oven door open after cooking



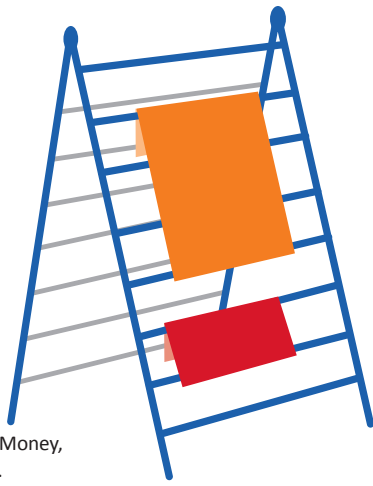
Resource developed by Made of Money, a project of Quaker Social Action. [www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

## Make a few meals at a time and freeze them



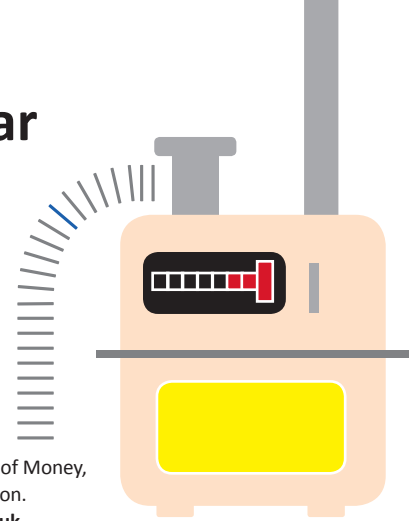
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## Use a clothes rail when drying indoors



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## Take regular meter readings



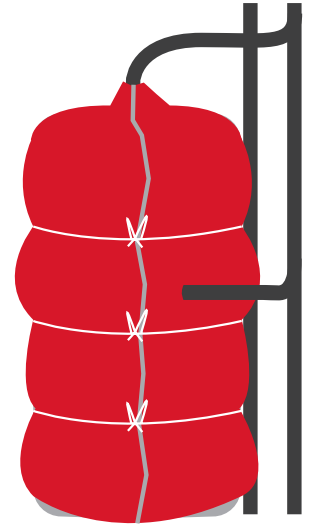
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## Find a cheaper deal online



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## Buy a hot water tank insulation jacket



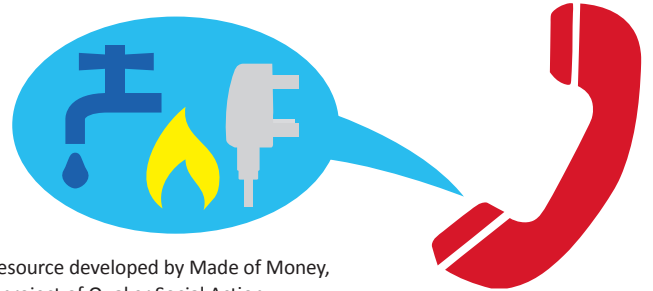
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## Buy a multi-power down plug



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## If you have a problem, contact or complain



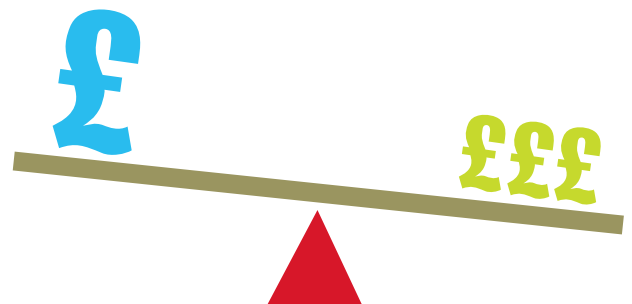
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## Grants to help with energy debts



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## Energy saving challenges



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