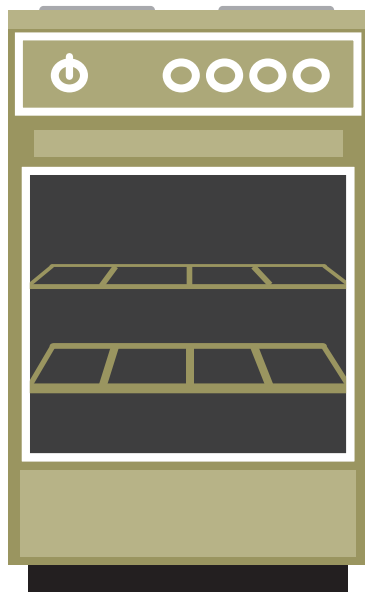


## Electric Oven

45  
minutes  
a day



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## Microwave

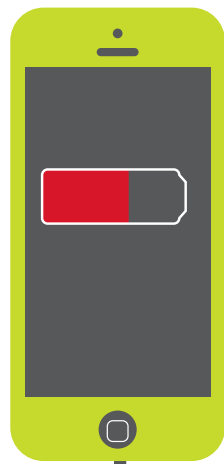
15  
minutes  
a day



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## Mobile Phone

Charging  
overnight

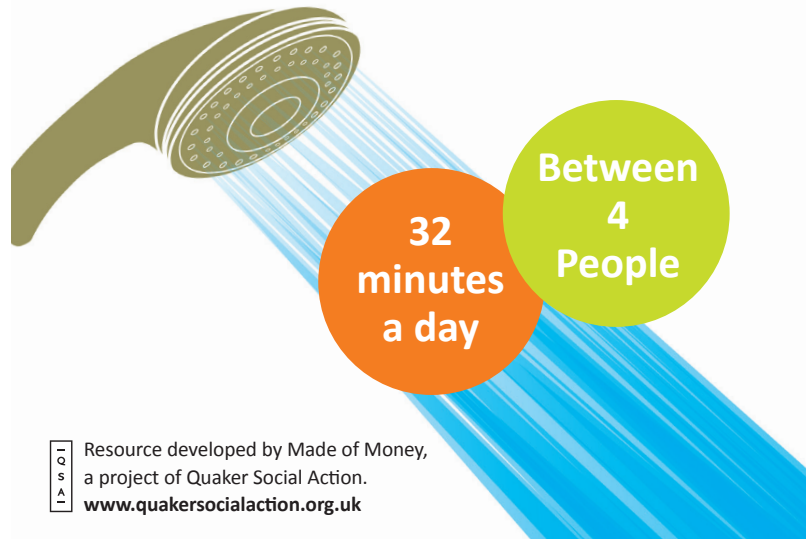


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## Electric Shower

32  
minutes  
a day

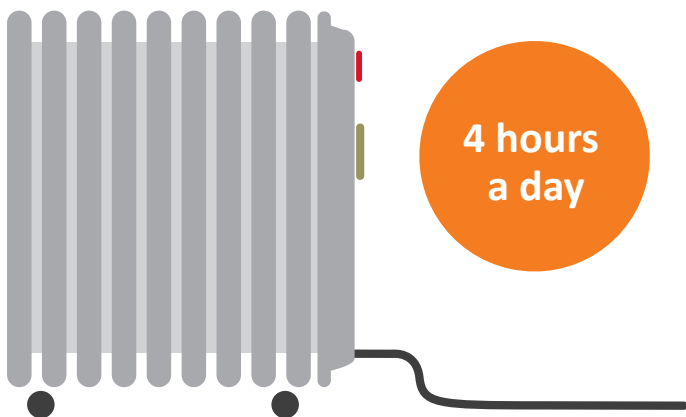
Between  
4  
People



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## Electric/Halogen Heater

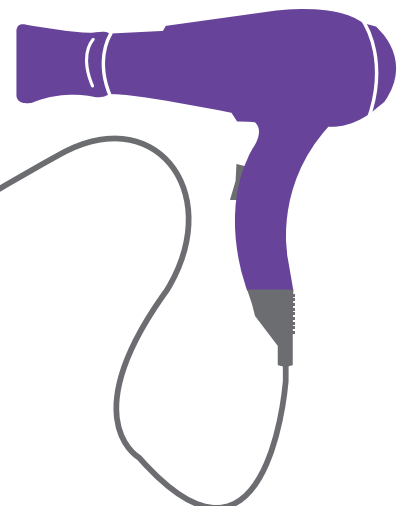
4 hours  
a day



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## Hair Dryer

15  
minutes  
a day



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**£11.32 per year**



If you're spending a long time reheating ready meals, it may be cheaper to cook from scratch!

**£5.73 per year**



If you're heating the oven for one item, are there other things you could cook at the same time?

**£264.02 per year**



Taking the '4 minute shower challenge' would save a household of four £132 a year!

**£3.39 per year**



Find out how long it **does** take to recharge your appliances.

**£14.14 per year**



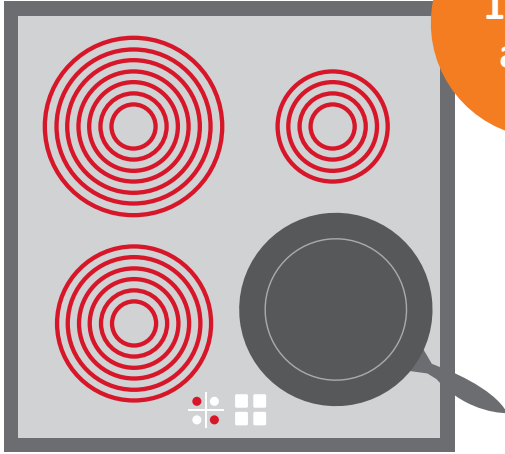
Fine for using on your hair but costly for drying other things – e.g. clothes!

**£362.08 per year**



Before you put the heater on – think: could I wear an extra layer?

## Electric Hob



1 hour  
a day

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## Kettle



10  
minutes  
a day

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## Leaving appliances on standby

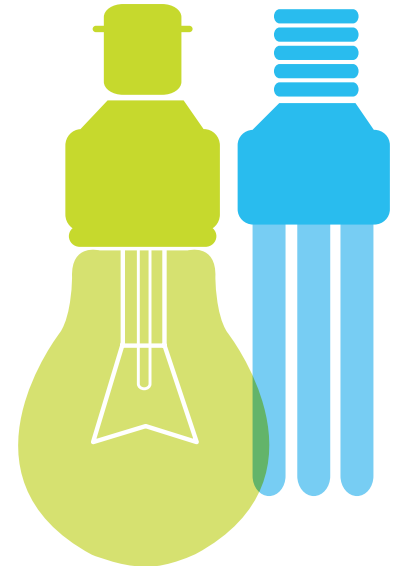
18 hours  
a day



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## Leaving 2 lights on

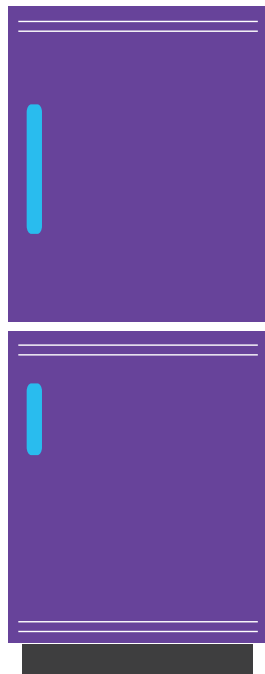
18 hours  
a day



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[www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

## Fridge/Freezer

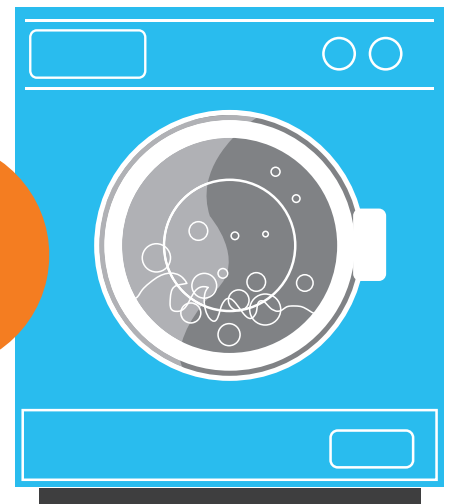
24 hours  
a day



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## Washing Machine

2 hours  
a day



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**£24.51** per year

**TOP  
TIP**

Only boil the water you need – not a full kettle!

**£23.99** per year

**TOP  
TIP**

Are you reheating or boiling lots of things that could all go into one oven or microwave?

**£101.84** per year

**TOP  
TIP**

LED bulbs are expensive but use much less energy than halogen ones – you could save £75 a year on the electricity for these two lights alone!

**£84.52** per year

**TOP  
TIP**

You can get ‘multi-power down’ plugs that switch all your devices off at once (eg TV, console, DVD). But it’s probably cheaper just to turn everything off!

**£203.67** per year

**TOP  
TIP**

Make sure you do a full load every time you wash, & if you can wash at 30°C, it saves a lot of energy.

**£135.78** per year

**TOP  
TIP**

Keep your freezer as full as possible: cold items keep others cold. Even tubs of ice work well!