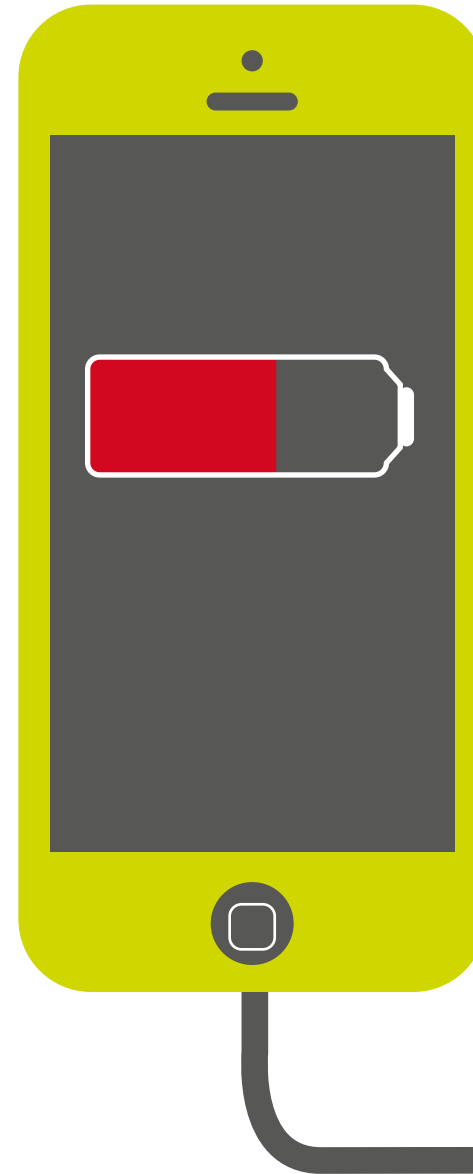


# Vacuum Cleaner



# Mobile Phone

# Mobile Phone

Overnight (8 hours)

0.40 kWh per day =  
1.1p per day  
**£4.02 per year**

## TOP TIP

Find out how long it **does** take to recharge your appliances. Charging phones overnight or for too long ruins your battery!

# Vacuum Cleaner

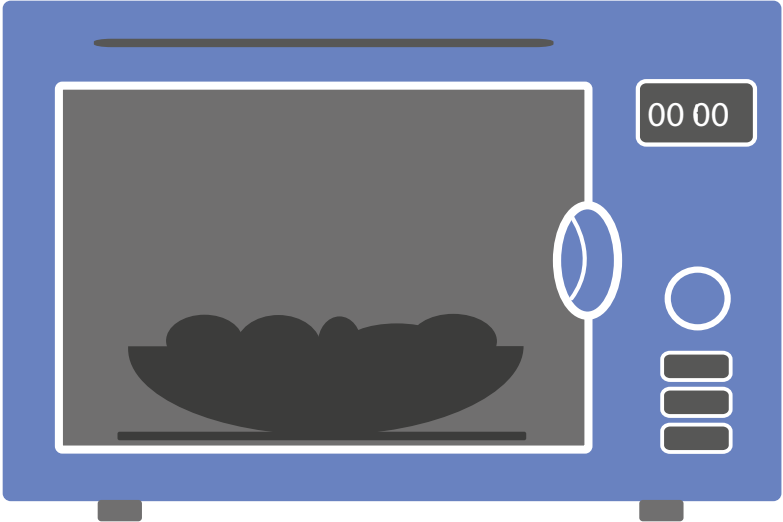
10 minutes

0.13 kWh per day =  
3.73p per day  
**£13.63 per year**

## TOP TIP

You don't need to vacuum everyday. It's cheaper, and probably less stressful, to vacuum a few times a week!

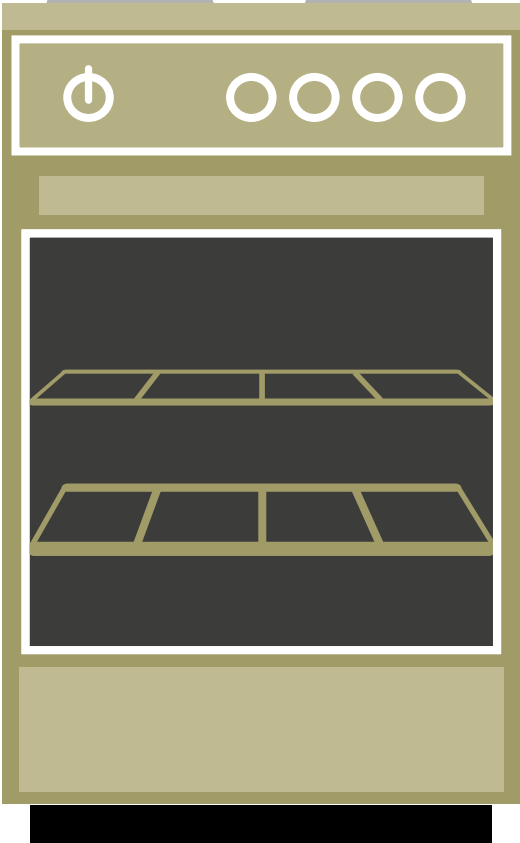
# Microwave



15  
minutes  
a day

# Electric Oven

45  
minutes  
a day



# Electric Oven

45 minutes

1.58 kWh per day =  
44.24p per day

**£161.48 per year**

## TOP TIP

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

# Microwave

15 minutes

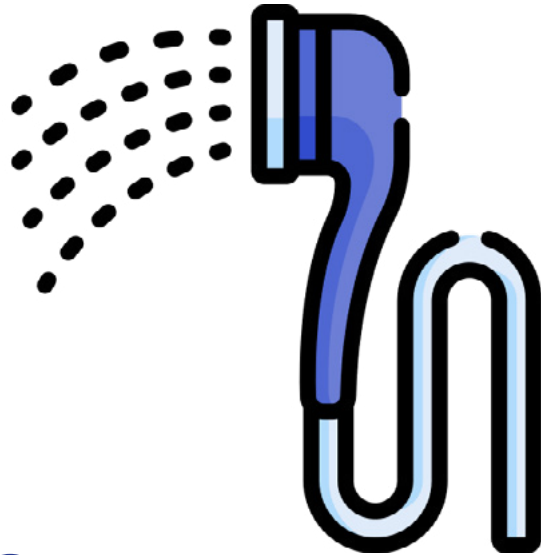
0.26 kWh per day =  
7.35p per day

**£26.83 per year**

## TOP TIP

If you know in advance you'll be defrosting something, see if you can take it out of the freezer early instead.

# Electric Shower



30  
minutes  
a day

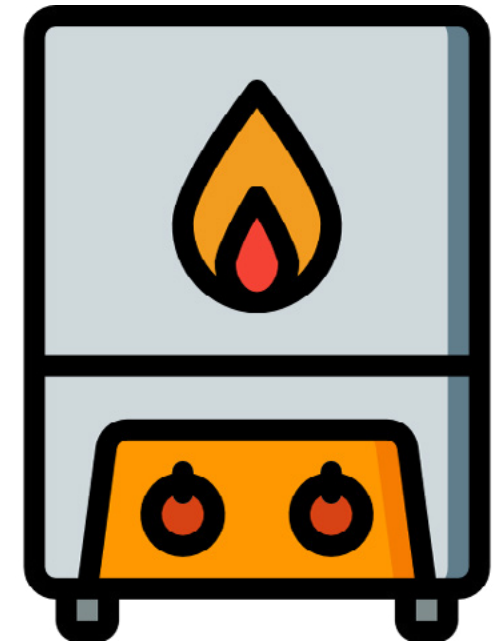
Between  
4  
People



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# Electric/ Halogen Heater

4 hours  
a day for 6  
months



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# Electric Heater

4 hours a day for 6

10kWh per day =  
280p per day

**£511 per year**

**TOP  
TIP**

It might be worth trying a hot water bottle first – they can often give a quick burst of warmth if you are sitting for a while.

# Electric Shower

30 minutes

4.5kWh per day =  
126p per day

**£459.90 per year**

**TOP  
TIP**

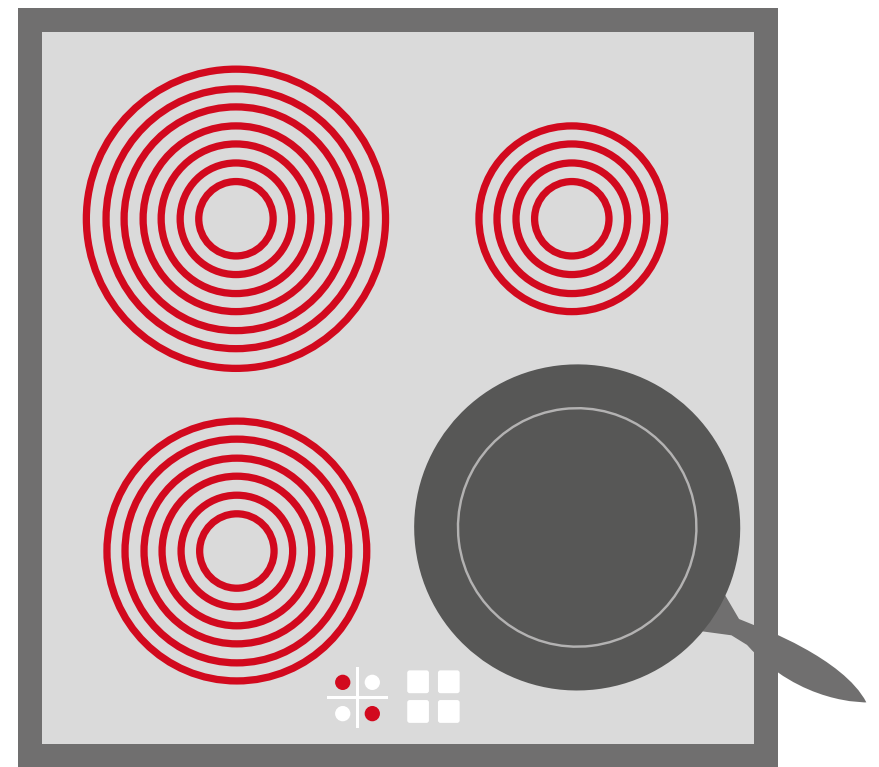
Taking the '4 minute shower challenge' would save a household of four £214.62 a year!

# Hair Dryer

15  
minutes  
a day



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# Electric Hob

1 hour  
a day



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# Electric Hob or Grill

1 hour

1.4kWh per day =  
42p per day

**£153.30** per year

**TOP  
TIP**

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

# Hair Dryer

15 minutes

0.5kWh per day =  
14p per day

**£51.10** per year

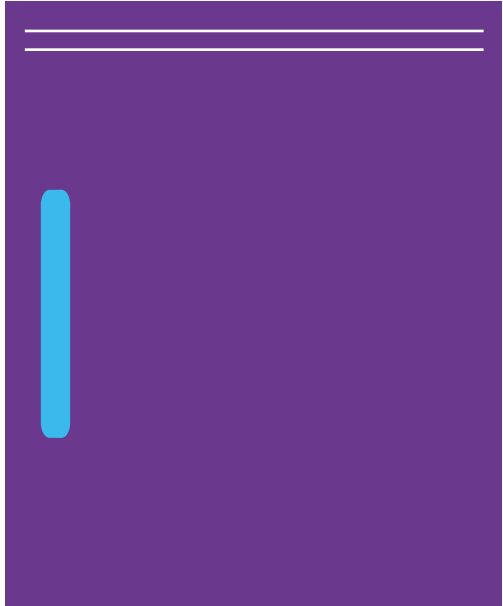
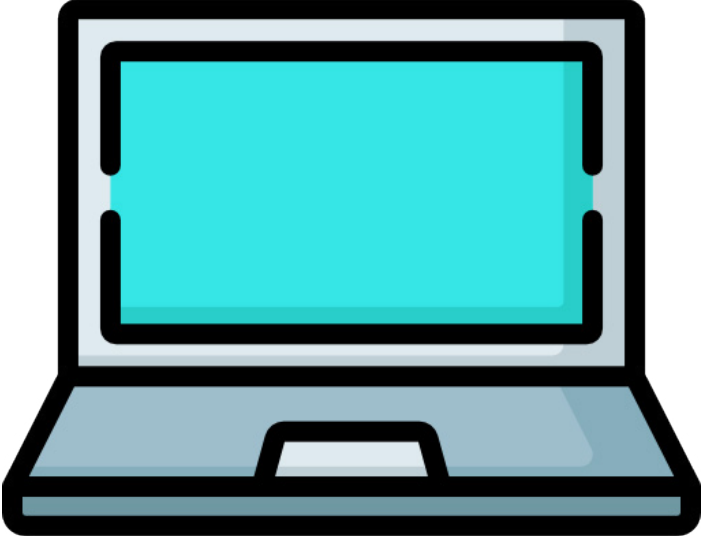
**TOP  
TIP**

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

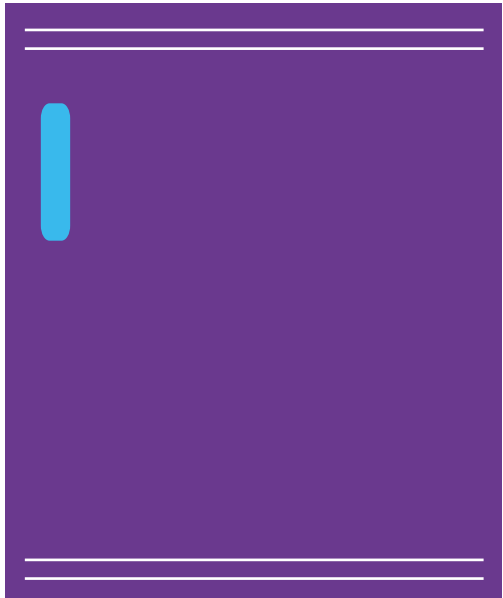


3 hours  
a day

# Laptop



# Fridge/ Freezer



24 hours  
a day

# Fridge Freezer

24 hours a day

1.1kWh per day =  
31p per day

**£114.24 per year**

**TOP  
TIP**

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

# Laptop

3 hours

0.14kWh per day =  
3.78p per day

**£13.80 per year**

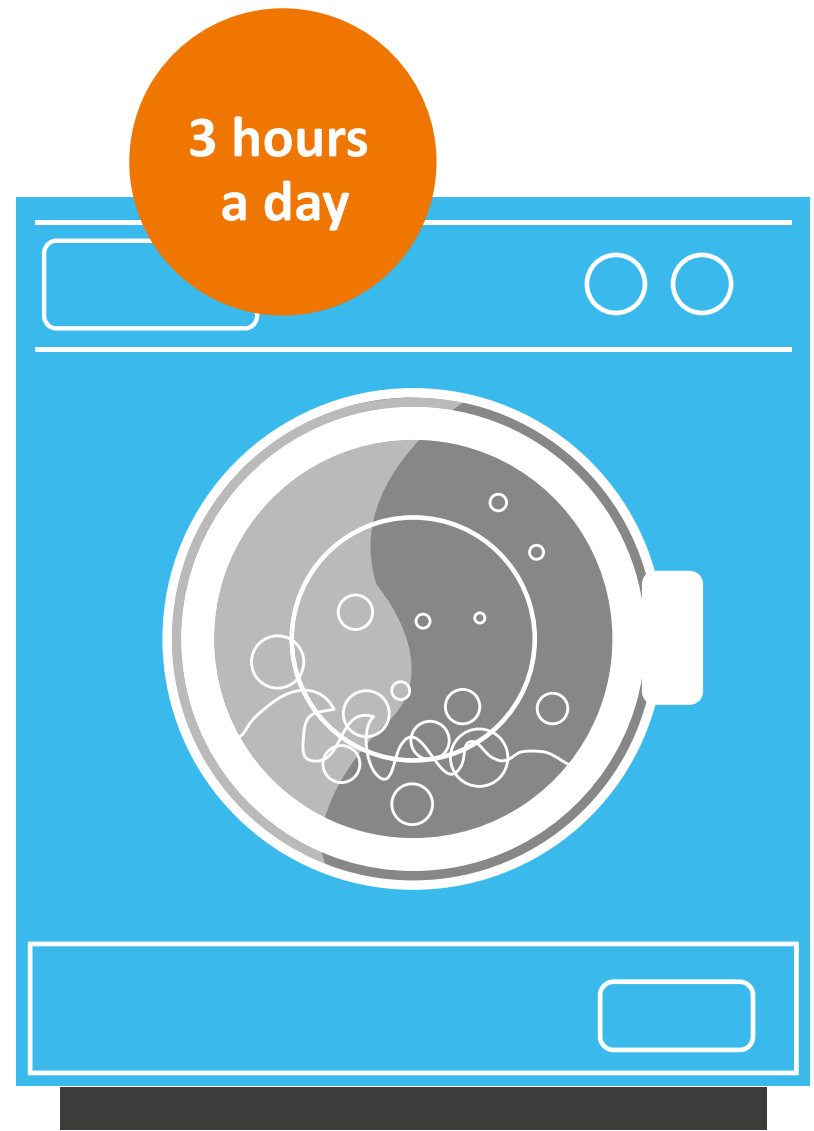
**TOP  
TIP**

Work out how long it takes your laptop to charge and then unplug it when it's done, so you won't keep using power.



**Leaving  
2 lights on**

**16 hours  
a day**



**Washing Machine**



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# Washing Machine

3 hours

6.3 kWh =

176.4p per week

**£91.73 per year**

**TOP  
TIP**

Switching from 40 degrees to 20 can cut the power used by more than half.

# Leaving 2 lights on

Halogen - 16 hours a day

2.24kWh per day =

62.7p per day

**£228.86 per year**

**TOP  
TIP**

With 2 LED bulbs instead of halogen ones, this would cost £49.05 on for 16 hours a day every day.

# Iron

30  
minutes  
a day



4 hours  
a day



# LCD Television

# LCD Television

4 hours

0.64 kWh per day =  
19.92p per day

**£65.41 per year**

**TOP  
TIP**

Plasma TV's can cost twice as much to run as LCD TV's. And smaller screens use less energy than larger ones

# Iron

30 minutes a day

0.7 kWh per day =  
19.6p per day

**£71.54 per year**

**TOP  
TIP**

When an iron is switched off, use it to iron clothes that require less heat.

# 1 TV on standby

20 hours  
a day



# Kettle

10 minutes  
a day



# Kettle

10 minutes a day

0.5kWh per day =  
9.3p per day

**£34.05 per year**

**TOP  
TIP**

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

# 1 TV on standby

20 hours

0.026 kWh per day =  
0.72p per day

**£2.66 per year**

**TOP  
TIP**

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