

The easy way to

stop wasting energy and money



Save around
£300
a year on your
energy bills



energy saving trust[®]
Keep up the good work

ACT ON
CO₂

Hello, Dave here. If you're looking for easy ways to stop wasting energy and money then you've come to the right place.

The Energy Saving Trust is a non-profit organisation that provides free and impartial advice on how to stop wasting energy. Have a chat with one of their friendly advisors or visit their website for lots of ideas and tips to help you stop wasting energy today.

Here are just a few of my personal favourites:

- Only boil as much water as you need in the kettle or in pans and keep lids on pans when cooking.
- Chopping your vegetables into smaller bits means they cook faster. This means less energy wasted and less time waiting for your dinner too.
- Defrost food in the fridge overnight rather than microwaving it.
- Try not to keep the freezer too cold. A freezer thermometer will tell you what temperature it's set to.

As a general rule, when you stop wasting energy, you save money. You also cut down on your carbon dioxide (CO₂) emissions. So why not reap the rewards of a little energy economy, and help fight climate change too?

Over 40% of the UK's man-made CO₂ emissions come from things we do every day, like heating and powering our houses or driving to the shops.

But you don't have to sacrifice your everyday comforts, turn off all the heaters and live by candlelight to stop wasting energy. This booklet will show you how easy it is to be kinder to the environment and to your bank balance. Simply give a little more thought to how you heat and power your home and watch the money savings mount up. If we all stop wasting energy, we can help fight climate change and stop wasting around £300 every year!

* Not sure where to start?
Visit energysavingtrust.org.uk
or call 0800 512 012 for ideas.

Look for the logo

The less energy your appliances use, the less they cost to run. Simple. To find the most energy efficient ones, just look for the Energy Saving Recommended logo.

We've set standards on a huge range of goods and appliances, and we've put our logo on the ones that we know will help you to stop wasting energy and money. Products with the logo have to meet strict criteria, which are set by an independent panel and reviewed every year. So you can be sure that where you see the logo, that product is amongst the most energy efficient in its class. It's like a beacon for money savings.

You'll find the Energy Saving Recommended logo on the things you use every day. For example, the latest fridge-freezers typically use around 60% less energy than an old one. This means you can save around £36 every year – and reduce your CO₂ emissions by 140kg too.

If you're thinking about buying a new computer, a new laptop typically uses around 85% less energy than a new desktop computer and takes up less room.



We've set standards on a huge range of goods. Look out for the Energy Saving Recommended logo on:

- Computers and printers
- Digital radios
- Dishwashers
- Fridges and freezers
- Intelligent mains controllers
- Lighting
- TVs and set-top boxes
- Washing machines.



Certification mark



* To compare and buy Energy Saving Recommended products, visit energysavingtrust.org.uk or call 0800 512 012.

Save around
£30

Energy Saving Recommended appliances could save a household £30 on average.

Keeping the heat in

Let's face it, insulation is not the most exciting topic but the positive impact it can have on your heating bills and CO₂ emissions means it's definitely worth considering. Try not to nod off – this could save you money.

A third of heat lost in an uninsulated home goes through the walls and another quarter through the roof, so you could do worse than invest in some form of insulation.

Cavity wall insulation

The external walls of most houses built after the 1920s are made of two layers with a small air gap between them. Insulation is applied quickly and easily through small holes in the outer wall. Absolutely everyone is eligible for a grant or offer to help with the cost of cavity wall insulation. This means it could only cost around £250 and pay for itself in just two years.

Check if you have cavity walls by measuring your walls at any door or window. Cavity walls are at least 26.5cm thick. If you're not sure, we can put you in touch with a local installer who will carry out a free survey.

Solid wall insulation

If your external walls are solid, you can insulate them on the inside and the outside. Inside, use boards or battens filled with insulation. Outside, treat the walls with decorative weatherproof insulation. It's a bit more expensive but ideal if your outside walls need other remedial work.

* To find out about grants and offers and local installers visit energysavingtrust.org.uk or call 0800 512 012.



Save around
£115

Cavity wall insulation
could save you **£115**
every year and can be
fitted in around 3 hours.



Save around
£400

Solid wall insulation
could save you
£400 every year.

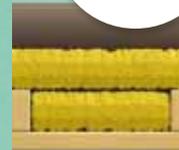


Energy Saving Recommended glazing will save you even more money. It's great for keeping your home toasty too.

Plugging the gaps can insulate your wallet too! Draught-proofing your windows and doors can save you around £25 a year.



Save around
£150



A 270mm layer of loft insulation, if you don't have any already, could save around £150 a year.

Loft insulation

Loft insulation is one of the most cost effective measures you can take to stop wasting energy and it's also one of the easiest to install. Install 270mm (approximately 10.5 inches) layer of insulation if you don't have any already and you could save around £150 a year.

Remember, even though your home has loft insulation it might need topping up. By installing the recommended 270mm of loft insulation, you could save around £45 a year on your heating bills.



Image courtesy of:
National Insulation Association (NIA)



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National Insulation Association (NIA)

* To find out about grants and offers and local installers visit energysavingtrust.org.uk or call 0800 512 012.

Keep cosy for less

Heating your home can be an expensive business but you don't have to sacrifice your everyday comforts to cut heating costs.



Snuggle up with an extra blanket in bed and keep cosy.



It's easy to stop wasting heat and money and stay toasty too. Here are some hot tips to get you started.

- Cosy up and close your curtains at dusk to keep the heat in.
- Turn your thermostat down by 1°C and save around £55 a year on your heating bill.
- Insulate your hot water pipes and you can save another £10 a year.
- Make sure your hot water tank is insulated with a lagging jacket at least 3 inches thick. It reduces the need to reheat water for your shower or washing up so you'll save around £35 a year.

- Fit heating controls like automatic timer switches (known as programmers), room thermostats and thermostatic radiator valves. This'll keep room temperatures comfortable without wasting too much energy.
- Replace that old boiler with a new condensing one. A condensing boiler is incredibly energy efficient and, with a new set of heating controls, could knock up to £235 a year off your bill. It's important to insulate your home before installing a new boiler as in an insulated home a smaller boiler will do.

* To find out about grants and offers and local installers visit energysavingtrust.org.uk or call 0800 512 012.



What's waste got to do with it?

You wouldn't believe the amount we waste as a country every year. Tons of material that could be recycled or composted ends up rotting in landfills. Biodegradable waste breaks down to produce methane which contributes to climate change.

We've teamed up with WRAP (Waste & Resources Action Programme) to show a few of the easy ways you can cut household waste and make more of the things you buy:

- Every UK household wastes around £50 a month throwing away food that could have been eaten. Getting into the habit of using up leftovers and making the most of the food we buy would mean more money in our pockets and less in the bin.
- Hate junk mail? Register with the Mail Preference Service and have your name removed from direct mail lists.
- Recycling's a way of life now – but don't forget to recycle the waste

from all the rooms in your house, not just the kitchen.

- Think quality not quantity. By using products with a longer life such as energy saving lightbulbs and rechargeable batteries you can reduce the amount you throw away. Use concentrated versions of household products such as detergent.
- Reuse plastic bags or use a canvas bag when you do a food shop. Many supermarkets offer some sort of financial reward for this.
- Over 30% of an average household bin can be composted at home. Using a container or kitchen caddy will save you making a trip to the compost bin every day.

* Hungry for more tips like these?
Visit energysavingtrust.org.uk
or call us on 0800 512 012.

Why recycle?

Put simply, there's no need to waste anything, whether it's energy, money or the products we use every day. And they're all linked. Did you know producing a can from recycled material uses 95% less energy than making a new one?



Driving down your fuel costs

With fuel prices at record levels, it's worth thinking about how you travel. Car lovers can stop wasting energy and money too.

The best way to reduce your CO₂ emissions is to drive less. Leave the car at home for shorter journeys and dust off your bicycle or take a walk instead. You'll spend less money on fuel and trim up too. You could also consider public transport options or car pooling.

Save up to
£250

For help with planning journeys or directions, visit the Transport Direct website transportdirect.info

The best drivers spend less on fuel. When you do drive, aim for a smoother ride by following these tips and get more miles for your money. It could save you between £200 and £250 if you commute by car.



- Plan your journeys to avoid congestion, road works and getting lost.
- Drive off from cold. There's no need to warm up the engine as modern cars are designed to be driven off straight away.
- Anticipate road conditions and you should be able to avoid last minute braking and sharp acceleration.
- Check your revs: When accelerating change up a gear at 2,000-2,500 rpm.
- Check tyre pressure once a week. Your car uses more fuel if the tyres are under-inflated.
- Air conditioning should be used only when you really need it as it uses up a lot more fuel. It's better than opening a window to cool down when driving at fast speeds though, as an open window increases wind resistance and fuel consumption even more than air con.
- Do you really need all those bits and pieces? Roof racks, bike carriers and roof boxes have a big effect on your car's aerodynamics and reduce fuel efficiency.

In the market for a new car?

Think about the size of car and engine you need: smaller cars (and ones with smaller engines) are more fuel efficient so they are more economical to run.

Always try to look for the car with the lowest emissions that will meet your needs. The most fuel efficient new car in its class typically uses 25% less fuel.

Look out for the car fuel economy label on all new cars, which shows their fuel efficiency and CO₂ emissions. For a start, the most fuel efficient cars pay no road tax. It really pays to drive a more fuel efficient car.

* To drive down your fuel costs, visit energysavingtrust.org.uk or call us on 0800 512 012.

Water matters

To supply water to our houses, water companies have to use energy. We use even more energy to heat that water up for baths, washing up and importantly, making tea.



Why not be romantic and share a bath together?



Heating water makes up around 30% of an average household's gas bills - that's around £200 a year. Here are a few of the top tips we've prepared to help you save those precious drops.

- Every minute you cut off your daily shower could save you between £5 and £10 off your energy bills over the year.
- Mend any leaky taps to stop around 5,500 litres of water going down the drain each year.
- Why use hot when cold will do? Rinse plates and wash vegetables in cold water.
- Your roof collects tens of thousands of litres of rain each year, which then runs straight into the sewers. With a water butt you can collect rain water and use it to wash your car and water your garden.
- And while we are on the subject of washing cars, shun the hose in favour of a bucket and sponge. It uses around 90% less water and gives you a good workout too.
- Use a bowl to wash up twice a day rather than leaving the hot tap running and you could save around £25 a year on a household's gas bills.

* For more water saving tips visit energysavingtrust.org.uk or call us on 0800 512 012.

Generate your own energy

Renewable energy sources produce much less CO₂ than conventional fossil fuels and there are lots of technologies to choose from.

It's important to do your research when deciding what renewable technology is best for you and your home. You can try the Home Energy Generation Selector tool at energysavingtrust.org.uk to find the most suitable renewable technology for your home. In the meantime here's a quick rundown of what's available.

- **Solar water heating**

Solar collectors are fitted to your roof and soak up heat from the sun's rays to provide hot water for your home. A solar water heating system needs very little maintenance and can provide around a third of your hot water needs over a year.

- **Solar photovoltaics (PV)**

These are panels that use the sun's energy to produce electricity and run your appliances and lighting. It could save you around £200 a year.

- **Small scale domestic wind turbines**

harness the power of the wind to generate electricity to help power your lights and appliances.

- **Heat pumps** absorb heat from the ground, air or water to heat your home and hot water. When replacing electric heating, an air source heat pump can save you around £700 and a ground source heat pump can save you around £840 a year on fuel bills.*

- **Wood fuelled heating systems** burn wood pellets, chips or logs. Using a special wood fuelled boiler could save you around £170 a year on bills when replacing coal and £410 if replacing electricity.



Ask the Energy Saving Trust about grants and selling your own renewably-generated energy back to the grid.



* To start generating your own energy, visit energysavingtrust.org.uk or call us on 0800 512 012.

*Savings will vary depending on heating fuel replaced.

The Energy Saving Trust is a non-profit organisation providing free, impartial advice to help you stop wasting energy and money and help fight climate change.

To find out what you can do to stop wasting energy, visit our website at energysavingtrust.org.uk or give your local Energy Saving Trust advisor a call on **0800 512 012**.

Our advisors will:

- give you personalised advice on what's practical for your home.
- explain any technical or planning issues.
- tell you about grants and offers available in your area.

All measure costs and savings are correct at time of printing. However, financial savings will change as energy prices rise or fall. Please refer to our website for the most recent measure costs and savings.

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Keep up the good work

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