

QUICK ENERGY-SAVING TIPS FOR THE KITCHEN (save money*)

CHOICE OF FOOD – for lower carbon footprint

- Eat more vegetarian food.
- Eat less food that has been flown from abroad.
- Buy locally grown food, or grow your own.
- Use dried beans, lentils etc., not tinned.

COOKING FOOD AND MAKING DRINKS

- Boil only as much water as you need*.
- Make full use of the oven: cook several things at the same time*.
- Use the microwave to re-heat food, rather than the oven*.
- Put lids on pans while heating up, boiling or simmering*.

REFRIGERATOR AND FREEZER

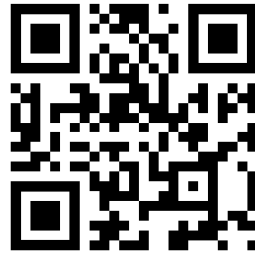
- When cooking for the freezer, leave out some water and add it after defrosting (e.g. soups)*.
- Leave food outside the fridge as little as you can, to avoid it warming up*.
- Open the fridge or freezer as little as possible*.
- If the fridge or freezer is not very full, put in empty containers, to keep cold air inside when it's opened*.
- Let food cool down before putting it in fridge or freezer*. (N.B. Rice can be dangerous if not cooled quickly.)
- Immerse a container of hot food in cold water to cool it more quickly.
- Immerse a container of frozen food in cold water to help it defrost quickly, rather than using the microwave*.
- Freeze food in a thin layer, then freezes & defrosts more quickly.

UNUSED OR LEFT-OVER FOOD

- Freeze unused or left-over food for use another day*.

* Saves money too.

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QUICK ENERGY-SAVING TIPS FOR THE HOUSE (save money*)

HEATING THE HOUSE

- Turn down thermostat by 1C (wear a jumper)*.
- Avoid having furniture too close to radiators*.
- Turn down radiators in unused rooms*.
- Replace the boiler, if more than 15 years old*.
- Install thermostatic radiator valves*.
- Set heating to go off 30 min. before going out*.
- If you have high ceilings, place a shelf above each radiator*.



*or install a blind in
the window recess*

KEEPING HEAT INSIDE

- Avoid having curtains in front of radiators (tuck them behind instead)*.
- Install a curtain over the front door*.
- Draught proof around doors & windows; cover letter box & keyholes*.
- Insulate the hot water cylinder*.
- Put panels behind radiators on external walls (e.g. foil on a board)*.

*Best of all insulate loft & walls
and double-glaze windows*

ELECTRICAL

- Switch off lights when not using the room*.
- Change light bulbs to low energy ones. LED lights use little energy and come on instantly*.
- Turn off electrical equipment at the plug, e.g. phone charger*.
- Don't leave electrical equipment on standby, e.g. computers*.
- Defrost your freezer regularly*.
- Only run the washing machine when you have a full load*.
- Dry laundry outside, when possible, instead of using a tumble-dryer*.
- When buying new appliances, choose low energy ones*.

BATHROOM

- Reduce shower time by 1 minute*.
- Let your hair dry naturally*.

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