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WHAT YOU DO IN YOUR HOME IS IMPORTANT

HOW YOU AND PEOPLE YOU LIVE WITH USE YOUR HOME COULD BE AT LEAST AS IMPACTFUL AS WHAT YOUR HOME IS MADE OF IN TERMS OF THE ENERGY YOU USE.

And the best part is, some impactful changes are free, low effort and will save you money.



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WHAT CHANGES ARE RIGHT FOR YOU?

There is no "right" way to use your home. Some changes will feel easy to some, and more difficult to others. We have a few ideas of things you could do in your home. Can you think of any more?

Reducing your heating set point temperature from 20°C to 18°C	COULD SAVE	3,090 kWh of electricity /gas per year
Close bedroom window at night instead of leaving a little open (in winter)	COULD SAVE	420 kWh of electricity /gas per year
Use radiator valves to turn off heating in unused rooms	COULD SAVE	530 kWh of electricity /gas per year
Drying your washing on a line or clothes horse rather than a tumble dryer	COULD SAVE	360 kWh of electricity /gas per year
Having a 7 minute shower rather than a bath (twice per week)	COULD SAVE	160 kWh of electricity /gas per year
Cooking vegetables with the lid on rather than letting heat escape	COULD SAVE	120 kWh of electricity /gas per year

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OTHER SUGGESTIONS WE HAVE

- Boil water in a kettle rather than on the hob
- Use water-efficient shower heads
- Switch off appliances and lights when you are not using them
- Fill the dishwasher/washing machine
- Insulate hot water pipes and tanks
- Use eco settings on appliances
- Defrost freezer regularly
- Cook in the microwave, slow cooker, or air fryer rather than in the oven
- Wash clothes at cooler temperatures
- Keep fridge and freezer doors closed as much as possible
- Defrost food in the fridge



FOR MORE INFORMATION

WE GOT OUR INFORMATION FROM A PAPER PUBLISHED BY THE GOVERNMENT IN 2012, WHICH YOU CAN FIND HERE:

