

# Energy saving tips



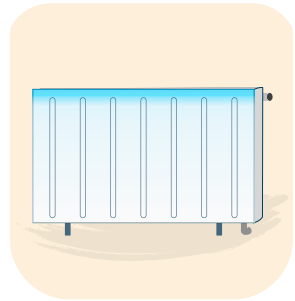
There are some simple changes you can make to help reduce the energy you use and save money.

### **1. Layer up.**

Wear layers including jumpers and thick tops at home. If you are at home for most of the day, it may be worth investing in a heated blanket or portable heater to help you stay warm without turning on your central heating.

### **2. Check your radiators.**

Don't forget to bleed your radiators if you notice cold spots to help them work efficiently. Turn down radiators and shut doors in rooms you are not using, being careful of any condensation this may cause.



### **3. Service your boiler.**

Regular services can keep it in its best condition and working smoothly.

### **4. Draught-proofing.**

Self-adhesive foam strips are easy to fit on windows. Draught excluders, keyhole covers, and letterbox brush strips can be cheap to buy and easy to fit.

## 5. Heat your home, not your walls.

You can buy foil insulation to put behind radiators to reflect heat back into the room.

## 6. Limit your tumble dryer use.

Hang washing outside or find warm spots in your home, making sure your home is well ventilated to avoid any issues with condensation. Use tumble dryer balls and empty the lint tray after every use for maximum efficiency.



## 7. Turn down your combi boiler flow.

Reducing your boiler flow temperature from 80°C to 60°C will save energy. This will not affect your heating, as your radiators will continue to heat a room to the temperature you have set them to. This works for gas-powered combi boilers only.

## 8. Don't leave items on standby.

Turn off lights in rooms you are not in. Switch off items such as TVs, computers, and microwaves at the wall as they can continue to use energy in standby mode. Avoid charging laptops and phones overnight, as they may use more energy than they need.

## 9. In-home display.

If you have a smart meter installed, you may have also been given an in-home display. This display shows you how much energy you're using in pounds and pence. It helps you to identify where you can make savings.

## 10. Wash clothes at a lower temperature.

Where possible, wash at 30°C. Washing a full load each time could reduce the number of washes you need to do per week.

## 11. Have shorter showers.

Showering for 4 minutes can help save money on both your energy bill and your water bill if your property has a water meter.



## 12. Energy efficient lightbulbs.

By switching to energy efficient bulbs such as LEDs, you can save up to £40 year. LED bulbs also last longer than traditional bulbs, reducing maintenance costs.

## 13. Reduce your costs in the kitchen.

Batch cooking meals for the week ahead will reduce your oven use and means you can buy groceries in bulk. Items like slow cookers and air fryers can be more energy efficient than a traditional oven but don't forget to do your research for what suits you best.

## 14. Insulation.

If your property is poorly insulated, it may be worth investing in insulation to reduce your bills. Check online for schemes that offer support with the cost.

## 15. Protect your hot water.

Try insulating your hot water cylinder with a cylinder jacket, to reduce heat loss by up to 75%. Insulating your water pipes can prevent them from freezing in cold temperatures and they will stay warm for longer.

## 16. Check on your fridge and freezer.

The Food Standards Agency recommends a temperature of 5°C for your fridge and -18°C for your freezer. Any colder than this isn't necessary, and you could be wasting energy.



## 17. Furnish for warmth.

Avoid putting large furniture such as sofas in front of your radiators as these will absorb the heat. Curtains and rugs can help prevent heat loss through windows and floors.

## 18. Check your thermostat settings.

Set your main room thermostat somewhere between 18°C and 21°C, a temperature comfortable for most people. It's also a good idea to use a timer to turn it on and off when you need the heating most.

## 19. Get the best energy rate.

Look at different energy suppliers to see which one works best for you but be aware of any exit fees you may have to pay when switching. Some suppliers offer cheaper energy at certain times of day, as well as variable or fixed tariffs.

## 20. Get the help you're entitled to.

You may be eligible for help with your energy bills. The British Gas Energy Trust offers energy debt write-off grants of up to £2,000 for British Gas and non-British Gas customers. The Trust also supports organisations across the UK that give free and impartial money and energy advice. Help includes income maximisation and benefits checks, energy efficiency, tariff switching and budgeting.



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