

Energy and Carbon Saving Tips for the Home

(Random order!)

- 1 Only fill the kettle with as much water as you need hot. Mark the fill window with your usual tea pot amount.
- 2 Cleaning the rear black fins of your fridge
- 3 Buy green energy from a green energy supplier
- 4 Checking your fridge seals
- 5 Use an ethical bank to reduce your money's carbon emissions .
Which reviews bank's ethics.
<https://www.which.co.uk/news/article/which-reveals-britains-greenest-banks-afd5U5u3w0Pg>
- 6 Eat more fruit and veg and plant based protein. (Good for the body and the planet)
- 7 Pan lids on when cooking
- 8 Hobscan use less than an oven to run, use a pressure cooker, air fryer or microwave for small items
- 9 Bread and butter vs toast
- 10 Turn water off when brushing your teeth
- 11 Fill dishwasher full before you start it
- 12 Washup by hand in a bowl and be careful of hot water use.
- 13 Only have coloured clothes so minimise white hot washes
- 14 Heating boiler - get to know your controls using the internet
- 15 If you have a Combi boiler turn it down to 55 degrees for Hot water and turn down to 50 degrees central heating circuit.
- 16 If you have a Gas boiler with hot water hot tank turn down to 70 degrees or improve temperature controller (legionnaires issue means you need +60 degrees in tank sometimes) If there is a separate heating circuit for radiators turn this down to 50 deg.
- 17 Shorten shower time
- 18 Turn your heating thermostat down (This is likely to save the most energy in a home.)
- 19 Bleed radiators to remove air
- 20 Use the heating control timer to pre heat rooms but at a lower temperature.
- 21 Let the sun in and draw curtains as soon as night falls
- 22 Turn the shower off when soaping up
- 23 If you have a power shower remove it or turn it down
- 24 Fill the washing machine, avoid part loads
- 25 Wash cloths on a colder wash eg 30 deg.
- 26 Turn devices off at the wall not stand by mode
- 27 Cook outside peak times and use a slow cooker/pressure cooker/wonder bag
- 28 Install a smart meter and react to feedback
- 29 Fill fridge/freezer empty space with empty plastic bottles or similar
- 30 Keep hob clean aids heat transfer
- 31 Learn how to use a slow cooker
- 32 Clean oven door glass so you don't open the door to look inside
- 33 Defrost fridge or freezer before ice build up
- 34 Use metal skewers when baking spuds or start them off in the microwave

Energy Saving in the Home

- 35 Buy less new stuff (Avoids embodied energy)
- 36 Form a support group and act together
- 37 Monitor your energy daily
- 38 Food miles - eat locally grown / grow your own
- 39 Install LED lights every where avoid keeping them on
- 40 Insulate hot water storage tank 100mm to 300mm
- 41 Install and turn down radiator valve thermostats
- 42 Seal holes in the ceiling/floor of the airing cupboard lots of hot air can escape into a loft this way
- 43 Seal loft hatch really well.
- 44 Use a thicker high tog duvet and turn down heating in the bedrooms

- 45 Use a washing line or cloths dryer not a tumble dryer
- 46 Use an electric blanket rather than heat the whole room
- 47 Fix any drips or leaks especially in hot water taps
- 48 Insulate loft to at least 400mm remember to keep ventilation above insulation going
- 49 Use mirrors in dark spaces to keep the light "going"
- 50 Ventilation with heat exchanger rather than extract fans
- 51 Insulate hot water pipes in airing cupboard
- 52 Buy expensive ankle length slippers
- 53 Add insulating layer to your curtains
- 54 Move radiators from behind curtains
- 55 After stopping all the draughts in your house instal heat exchanger ventilation system
- 56 Secondary glazing DIY or professional.
- 57 Reflectors behind radiators
- 58 Add a flow restrictor to the shower head
- 59 Add external or internal wall insulation
- 60 Use a steamer tower to cook different food all at once
- 61 Add thick underlay or insulate under floor
- 62 Use an induction hob for cooking
- 63 Paint walls with light paint to reflect daylight in
- 64 Use a laptop rather than a desk top, turn off when not in use. Turn down the screen brightness.
- 65 Instal a heat pump only after all other insulation measures are complete
- 66 Turn the lights off when you leave a room.
- 67 Buy quality cloths that will last.
- 68 Only wash cloths when dirty
- 69 Repair broken items or get help to repair them
- 70 Make access to your cycle easy and use it more and /or walk more
- 71 Share car journeys: set up a lifts communications group
- 72 Consider local holidays rather than flying
- 73 Talk to your neighbours about what energy saving things have worked for you.