

# My Energy, My Life

## Energy Saving Top 10 Tips



# Tip 1: Check your meter readings often



- Check meter readings and give your energy company up to date readings

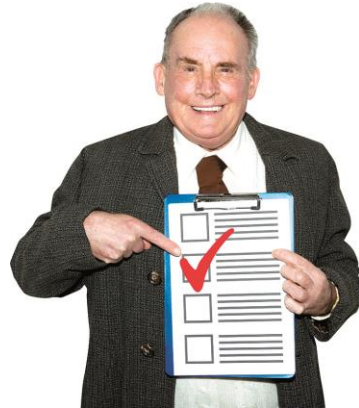


- This could save you some money



- They could overcharge you if you don't check them often

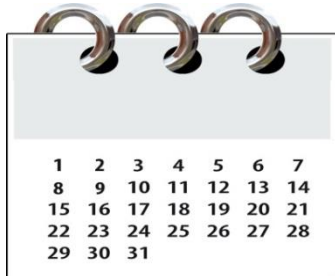
# Tip 2: Check Your Tariff



- Make sure that you find the cheapest tariff deal
- A tariff is a contract with your energy provider
- Some tariffs will be more expensive than others. Look for cheaper ones!
- Ask someone you trust to help you do this



# Tip 3: How should I pay?



- You need to choose the easiest way to pay your electricity bill
- You could use a fixed contract, this will mean that you pay the same amount each month
- You could use a 'pay as you go' meter – which you have to top up. This way, you will only use the energy you have paid for

# Tip 4: Are Smart Meters a good idea?

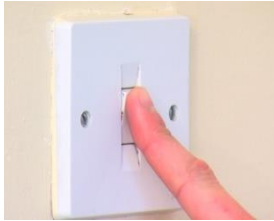


- You could ask for a smart meter from your energy supplier



- This will tell you how much energy you are using

# Tip 5: Turn your lights off!



- Make sure that lights are turned off when you walk out of a room



- Also unplug your equipment after you have finished with them



- Just don't unplug your fridge or freezer!

# Tip 6: Switch to Energy Saving lightbulbs



- Switching the lightbulbs to LED/energy saving lights can use less electricity and they can last a long time



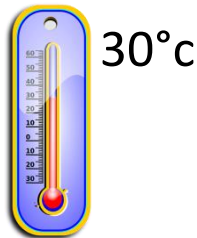
- They are energy efficient and cheaper to use



# Tip 7: Save on Your Washing



- Make sure you fill up your washing machine - but don't overfill it
- Save energy by using your washer when you have a pile of clothes to wash
- Make sure to have your temperature on low. 30 degrees is good, but you should check the clothes you put in





# Tip 8: Budget – so that you can save for winter



- Budgeting is important. Many companies will do a Warm Home Discount Scheme for people most in need.
- This could be around £100 - £150 off your winter bill; or it will be put on to your meter as credit.
- This has to be asked for every year and it depends on your provider.

# Tip 9: No Wasting food!



- Try not to waste any food. You should only cook as much food as you need



- If you do cook too much, you may be able to freeze what you have left - if it's safe to



- Don't boil too much water in the kettle, or you will waste energy!

# Tip 10: Keep warm efficiently!



- Try to keep warm by using extra layers of clothing and bedding



- Doing it this way will save you money

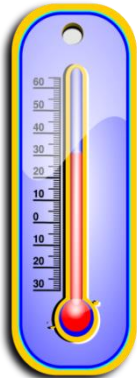


- Turn your heating down slightly and wear an extra layer of clothing

# And remember 'Use a Thermostat!'



- By using a thermostat, you can control the temperature of your home



- Choose a temperature between 18 and 21 degrees and your home will stay at that temperature. Don't be cold!