





Keep your fridge between 3-5 degrees. If it has a power saving setting use it



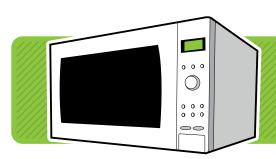
Clean the coils behind the fridge as it will make the fridge run better and save you money



If you have a kitchen and bathroom fan, make sure you turn it off straight away after using it



Match your pot to the right ring size



Use a Microwave or Toaster to warm up left over food as a cooker uses more energy







Don't keep opening the door when you are cooking. Every time you open the door when cooking the heat can drop by about 25 degrees



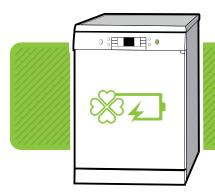
Buy a voltmeter, these are devices which tell you how much energy you are using



Copper pots and pans are better than steel ones when cooking on the stove



Make sure you wash a full load of clothes. Smaller and more frequent loads will cost you more in the long run



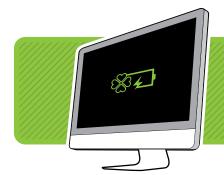
If you have a dishwasher, put it on eco mode







If you are buying a new television, look out for energy STAR-qualified TV's as these are better than the non-starred tvs



If your TV screen or Computer screen has an energy saving mode - use it!



Set your computer to sleep mode as this is more energy efficient than standby



If you have a games console put it on the energy saving setting - most of them do have one



Use a tablet or smartphone as much as possible as these devices use less energy than a computer







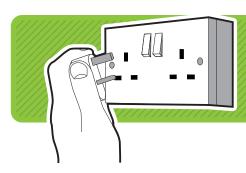
If you are buying a new computer, get a laptop as these use less energy than a desktop



Make sure your printer is turned off at the mains when it is not being used



Turn the Computer off at the mains when not in use



Unplug all charges as they continue to use electricity even when nothing is plugged in