

# My Energy, My Life

## Energy Saving Top 10 Tips



# Tip 1: Check your meter readings Regularly



- It is important to check and give your readings regularly.
- This could save you some money.
- They could overcharge you if you don't check it yourself.

# Tip 2: Check Your Tariff



- Make sure that you find a tariff deal that is the cheapest.
- A tariff is a contract with your electricity provider.
- Some tariffs will be more expensive than others. Compare them!
- [www.uswitch.com](http://www.uswitch.com) is one of the websites you can use to compare prices.



# Tip 3: How should I pay?



- You need to choose the easiest way for you 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 supplier.
- This will tell you exactly how much energy you have left to use.
- You don't need to use a smart meter if you prefer to pay by direct debit.

# 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



30°C

- Make sure you fill up your washing machine with clothes. Don't overfill it, or it might damage the machine.
- To save energy, use your washer when you have a pile of clothes to wash; maybe once or twice a week.
- Also, make sure to have your temperature on low. 30 degrees is ideal for most of the time, 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!

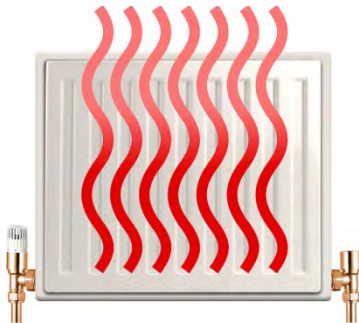
# Tip 10: Keep warm efficiently!



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



- Doing it this way will save you money.

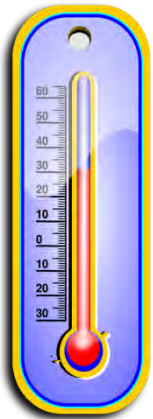


- Turn your heating down slightly – and wear an extra layer of clothing.

# And remember 'Use a Thermostat!'



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



- You choose any temperature you like, and your home will stay at that temperature. But, don't be cold!