

# Zero-cost ways of saving energy around your home

£ Estimated saving per year based on typical usage in a home with three bedrooms

Try some of these energy saving measures and use this space to record notes or observations from your in-home display.



---

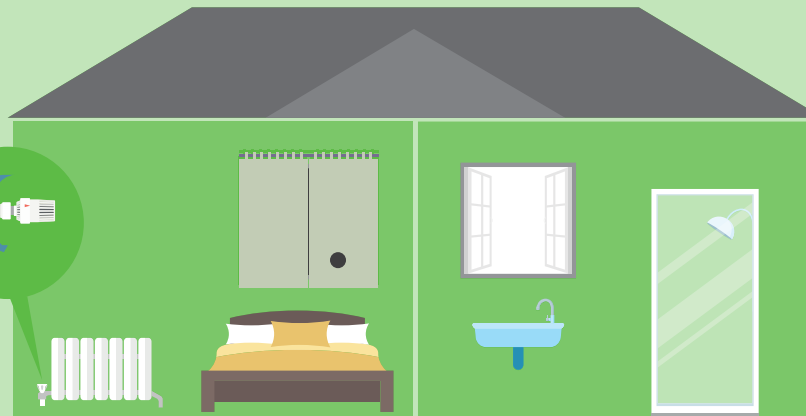
---

---

---

## Bedroom

Set your heating to only come on in rooms where you need it, by using your radiator controls



## Kitchen

Only boil what you need in the kettle

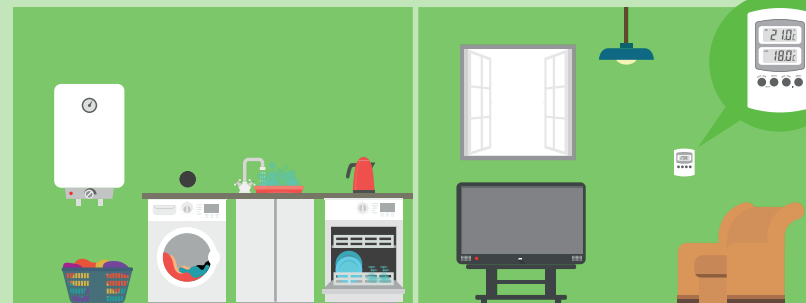
£7

Wash dishes in a bowl, instead of under a running tap

£30

Fully load your washing machine and wash at 30°C

£6



Only have the heating come on when you need it, by using your boiler programmer

Fully load your dish washer and use the Eco setting

## Bathroom

Try taking one minute off your shower and fit aerating showerheads and tap inserts\*

\*normally provided free of charge by your water company

£95

## Living room

Turn out the lights when not in use

£13

Set your thermostat between 18°C to 21°C

\*savings estimate based on turning down gas heating from 22 to 21°C

£80\*

Switch off appliances when not in use and avoid standby

£30

## Garden

Line dry your clothes, especially in the summer

£29



Estimated savings based on a family of four sharing a 3 bedroom semi-detached home (Energy Saving Trust, April 2016).

For expert and impartial free advice on reducing your fuel bills, saving energy and making your home more comfortable, visit [energysavingtrust.org.uk](http://energysavingtrust.org.uk) or call:

England and Wales - The Energy Saving Advice Service on 0300123 1234 (charged as a national rate call). Scotland - Scottish Government's Home Energy hotline on 0808 808 2282 (calls are free).