**Energy Saving Tips**

**Food and cooking**

* Consider alternative ways to cook such as using a microwave or a slow cooker as this uses less energy and can save you money
* Batch cook meals and freeze leftovers to save money and energy
* Try to plan your meals for the week ahead. This will help to reduce food waste, save money on your shopping bill and save energy when cooking
* Keep lids on saucepans and pots to reduce condensation and use the extractor fan where possible

**Appliances**

* Wait until you have a full load before putting on a wash
* Avoid using a tumble dryer as these use a lot of energy
* If possible, have a shower instead of a bath, this uses less water and less energy to heat the water. Also, try to have shorter showers as this will use less energy and save you money.
* Avoid overfilling your kettle, only boiling the water that you need
* Turn off non-essential appliances when not in use and switch lights off when you leave a room

**Heating system**

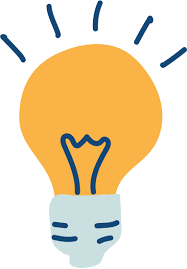
* You could save money by putting radiator foils behind your radiators, which would reflect heat back into the room.
* Spend some time getting to know your heating system – using it effectively will save you time, energy and money
* Where you can, make sure you have a yearly service of your heating system by a professional
* Turn your boiler flow temperature down to 60 degrees visit [www.moneysavingboilerchallenge.com](http://www.moneysavingboilerchallenge.com) for more information on how to do this

**Around the house**

* If it’s sunny, try and let light and heat into the room by opening curtains and blinds. Close curtains and blinds when it’s not sunny, to trap in heat and save energy.
* Using draught-proofing strips around the window frame can stop heat escaping and prevent the cold getting in.



* Move your furniture away from radiators and avoid drying clothes on radiators to let heat circulate
* If you're not very mobile, 65+, or have a health condition, such as heart or lung disease, try to heat living areas to at least 18 degrees – 21 degrees, and your bedroom to 18 degrees. If you need support in heating your home to these temperatures, please speak the Sustainability Unit for information about support available. Email: energy.team@doncaster.gov.uk
* Close curtains or blinds at dusk to keep the heat in
* Keep doors closed to reduce draughts or use draught excluders to reduce the loss of heat between rooms
* Try to dry clothes outside to reduce moisture in the home and reduce the risk of mould and damp forming



**Individual actions**

* Try not to sit still for too long, as moving regularly helps keep your blood flowing and this will keep you warm
* Try to have regular hot drinks and at least one hot meal a day – eating regularly helps keep you warm.  If you need support to access food this winter, visit: [yourlifedoncaster.co.uk/food-bank-information](https://www.yourlifedoncaster.co.uk/food-bank-information)
* Try to use hot water bottles and blankets to keep warm