

Preparing For Winter Energy Saving Tips

Food and cooking



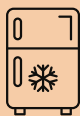
Try alternative ways to cook such as a slow cooker or an air fryer, these appliances use less energy



Keep lids on saucepans and pots to reduce condensation and the amount of gas required, and use the extractor fan where possible



Do not open the oven door repeatedly to check in on your food. You'll let out heat and waste energy



Defrost your freezer regularly as a build up of ice means the freezer has to work harder to keep food cool.

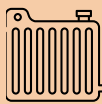
Heating system



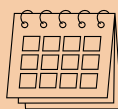
Spend time getting to know your heating system, using it effectively will help save money



Turn your boiler flow temperature down to 60 degrees



Put radiator foils behind your radiators, which will reflect heat back into the room



Make sure you have a yearly service of your heating system by a professional

Appliances



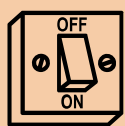
Wait until you have a full load before putting on a wash, wash clothes at 30C



Having a shower over a bath uses less water and less energy to heat the water.

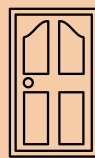


Avoid overfilling your kettle and only boil the water that you need.

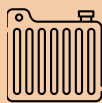


Turn off non-essential appliances when not in use and switch lights off when you leave a room

Around the house



Keep doors closed to reduce draughts and use draught excluders to reduce the loss of heat between rooms



Move your furniture away from radiators to let heat circulate and avoid drying clothes on radiators



Close curtains or blinds at dusk to prevent heat escaping through the window



Use draught-proofing strips around the window frame to stop heat escaping and prevent the cold getting in

