

PRACTICAL
TIPS FOR
SAVING IN
THE HOME



WATER & ENERGY



DO
MORE
SAVE
MORE

low carbon



happy homes



Only **3%**
of the water
we use at home is
used for drinking

A running
tap wastes
6 litres
of water
per minute



Get into the habit of turning off
the tap when brushing your teeth.
It is good quality water you
have to pay for.



Fixing a
dripping tap
will save you
£18
per year

A dripping tap can waste up to 5,500
litres of water a year - the same as
filling a paddling pool every week for
a whole Summer.



A hosepipe
can use
100 litres
of water
every hour

Save money by only using a watering
can in the garden. Also, invest in a
plastic rain-water butt - it's free water !

Taking a
quick shower
could save
you around
£40
per year



Shorter showers will save on your
energy and water bills. Be careful
though as some 'power showers' use
more water and energy than running a
full bath. Fit an eco shower head and
cut your shower time down to four
minutes to save some cash.

One bath can use
up to **80 litres**
of water





Dishwashers can use
50 litres
of water for every cycle

Dishwashers are more cost effective than hand-washing in the sink but only when they are full. Don't be tempted to pre-rinse your dishes either. If you are on a water meter, it's even more money down the drain !



40%
saving on your
energy bill
when you turn
to 30°C

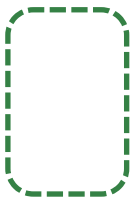
Washing clothes at 30°C as opposed to 40°C uses 40% less energy. Most big brand detergents are now formulated to be effective at low temperatures.

Use eco-settings when you can and only do a wash if you have a full load.

We spend about **£67**
a year on bottled water

1p for 10 litres of clean
drinking water from your tap

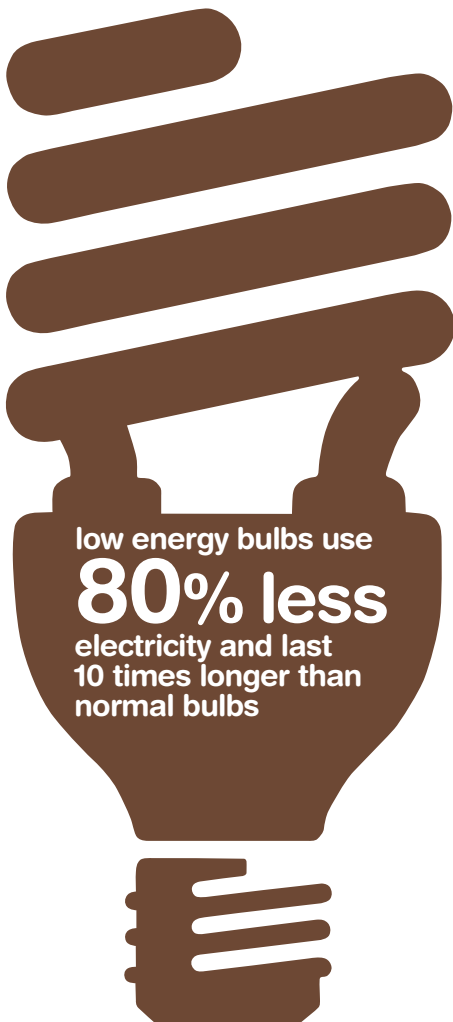
A 'Hippo Bag'
reduces the
amount of
water you use
every time
you flush



30%
of all domestic
water gets
flushed away
down the loo

A typical household flushes the toilet 5,000 times a year, and uses 13 litres of water every flush. By installing a dual flush toilet, or conversion kit, available for as little as £12, you will use only 5 litres of water.

A 'Hippo Bag' displaces some of the water in your toilet cistern and reduces the amount of water used in each flush. You can request a free 'Hippo Bag' by contacting Welsh Water on their website: www.dwrcymru.com



save **£35**
per year by
switching to
low energy
and LED bulbs



An average household can save up to £35 per year by installing low energy bulbs and by replacing halogen lamps to LED spotlights.

**A freezer
uses much
less energy
if it's kept
almost full**



Your fridge freezer has to be on all day. Any ways of saving energy and money are a big bonus. Fridges work best at a maximum of 5°C and freezers at -18°C.

An 'A+++' rated fridge freezer would save you about £190 off your energy bill during its working life.



turning your
thermostat
down by just 1°
can save up to
£85
every year

If your rooms get too hot don't be tempted to open a window as this just wastes money. Simply adjust your heating thermostat to save pounds.

save **£30**
per year by
turning all
electrical items
off standby



Think twice about leaving all those TV's, set-top boxes, DVD players, PC's, phone chargers and games consoles on standby throughout the day and night and save yourself some cash.



Everytime
you boil a full
kettle of water
it costs you
2.5p

Putting the kettle on for a cuppa can be expensive if you fill it up full. Only boil what you need. It's quicker and cheaper. Regular descaling will keep it working more efficiently too.



A microwave is
5 times
more energy
efficient than
an electric oven

Microwaves are generally 65% energy efficient compared to electric ovens that are only 12% energy efficient. Use a microwave to re-heat leftovers or cook vegetables for the best results.



'A' rated
heat pump
dryers cost
just **14p**
per load

as opposed to 'C' rated tumble dryers that cost around 49p per load. Fast-spin clothes before drying for even more energy savings.



**drying clothes
on an outside line
costs nothing and they will
smell much fresher too**



10 inch thick
loft insulation
can save you
£140
per year

Insulating your home properly can save you hundreds of pounds every year. Draught proofing around windows, doors and skirting boards can also save you up to another £50 per year.



A new energy
efficient gas
boiler could
save you
£340
per year

A gas boiler accounts for over half of your annual energy bill. When you have the opportunity to replace your old boiler, choose a more efficient 'A' rated condensing model.



Don't turn on the oven for just one thing and save on your energy bill

Electric ovens cost about 30p for an hour's use - cook more than one thing at a time and freeze the rest to microwave at a later date.



Slow cookers only use the same amount of energy as a normal lightbulb

A slow cooker only costs about 10p for 8 hours of cooking time - perfect for a tasty meal that's ready when you get home from work !



Green energy suppliers can work out better for your pocket and the planet

If you are able to choose your own energy supplier then you might be surprised at how competitive renewable energy tariffs can be these days - use a price comparison site such as uSwitch.com to shop around for the best deals.

Leading a low carbon lifestyle isn't just good for the planet, it's also good for lowering your household bills.

The 'Low Carbon, Happy Homes' project has recently been launched across Anglesey. Led by Menter Môn, with funding through the Rural Development Plan, the project aims to make communities on Anglesey more aware of the benefits of energy efficiency and renewable energy sources. This booklet is packed full of simple energy and money saving tips you can easily do around the home. If there is anything else you would like to know, or just want more information about the project, get in touch:

carbon@mentermon.com



Facts and figures in this booklet are accurate at time of printing and have been sourced from the following expert organisations:

Energy Saving Trust (www.energysavingtrust.org.uk) -
Waterwise (www.waterwise.org.uk) - uSwitch (www.uswitch.com) -
Welsh Water (www.dwrwymru.co.uk) -
The Centre for Sustainable Energy (www.cse.org.uk)



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Elusenol Ynys Môn
Isle of Anglesey
Charitable Trust

