

TIPS TO REDUCE ENERGY BILLS

Thank you to one of our Bristol FOOD Club members for sharing their ideas for reducing utility bills. If you have any top tips you'd like to share with other FOOD Club members, please drop us a line at food@family-action.org.uk

"These are the things we, as a family, are doing now to help reduce our bills – and help the environment

1. Turn items like TVs off at the wall and don't leave on Standby.
2. Most phones only need 1-2 hours to fully charge. Rather than leave them on charge all night, put them on a timer so they are fully charged just before you wake up. See if you can do the same with other devices like tablets, electric toothbrushes etc - even the internet router, as you don't need it while you are asleep!
3. Turn lights out in rooms you are not using.
4. Use energy saving lightbulbs or LEDs.
5. Have showers, not baths and shower for no more than 3-4 minutes.
6. If you shower in the bath, put the plug in to save the waste water. This can be used to flush the toilet or water plants.
7. Use a water butt to collect rainwater and use this to water plants.
8. Batch cook, or cook meals to last 2-3 days. These can then be frozen and reheated to save cooking costs.
9. Cook several meals now on the lower energy costs. Fill your freezer with these meals, before defrosting and simply reheating when energy costs are higher.
10. Defrost frozen items in the fridge. This reduces the amount of time the condenser needs to work to keep the fridge to temperature.
11. If you have a fridge freezer, freeze ice blocks and put them on rotation in the fridge to help with the above.
12. Clean the filter in the fridge, tumble dryer and washing machine regularly to make sure they run as efficiently as possible.
13. Wash laundry items on a full load and at 30 degrees.

14. Heat the room you are in, not the whole house. If you have a moveable thermostat, put it in the room you spend the most time in. If you have thermostats on the radiators, turn them down in the rooms you are not using very often.
15. Use draught stops at the bottom of doors to stop heat escaping.
16. Bleed radiators before using your heating to make sure that there is no trapped air in the system.
17. Dry clothes on a line or airer, not in the tumble dryer.
18. Only boil water in the kettle for the amount you need.
19. Use the kettle to boil water you would have brought to the boil on the hob if cooking vegetables.
20. If you need to wash up items in the sink (pots and pans), wash up plates and cups etc. as well, rather than loading into the dishwasher. This reduces the frequency the dishwasher will need to be run. Or better still, don't use the dishwasher.
21. Save the breakfast things to wash up with the lunch items to reduce the amount of water used for washing up.