



# Energy Saving & Cost-Cutting Tips



**With the cost of gas and electricity at an all-time high, we wanted to share some hints and tips that can help to lower your utility bills above and beyond any improvements made to make your home better insulated and more efficient.**

For further free advice and support for anyone struggling with money difficulties, please also check out:

[www.moneybuddies.org.uk](http://www.moneybuddies.org.uk) | [www.stephchange.org](http://www.stephchange.org)  
[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) | [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

# Hints & Tips

that can help to lower your utility bills



Defrost your fridge/freezer to improve its energy efficiency



Only fill a kettle with as much water as you need. The more water you add, the longer the kettle will take to boil and the more electricity will be used. Kettles are energy guzzlers!



Where possible, use a Microwave to cook food. Air Fryers and Slow Cookers are also cheaper options than using an Oven or Hob.



Consider batch cooking on a weekly or monthly basis to save money in the long run or try out some of the numerous budget-friendly recipes online.



If washing up by hand, fill a washing up bowl instead of letting the hot water tap run. This could save you approximately £25 a year!



Using energy efficient LED Lightbulbs and switching unused lights off when not in use can save approximately £14 a year.



Switch off appliances at the wall when not in use to save approximately £55 a year.



Use eco mode for energy thirsty appliances like TVs, games consoles and computers. Even when they're on standby mode, they will be using energy!



Lower the temperature on your Washing Machine to 30 degrees. Washing still cleans really well at this temperature and it will use less energy.



Check with your Water supplier to find out if you are eligible to receive a water meter or for crisis tariffs to be applied to your account.



Save Water Save Money ([www.savewater.savemoney.co.uk](http://www.savewater.savemoney.co.uk)) offers free household gadgets to assist with reducing water consumption and bills.



Use draft excluders as these can save you approximately £55 a year by keeping more heat in your home. You can even find patterns online to create your own.