

## Take the 'Turn Off' challenge

How many of these can you tick this week?

Only boiled the water needed in a kettle:

MON	TUE	WED	THU	FRI	SAT	SUN
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Turned off chargers as soon as items were charged (phones, tablets, toothbrush, shaver, power tools and battery chargers):

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Switched off lights in unoccupied rooms:

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Checked everything was switched off before going to bed:

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Turned off energy vampires when not in use (microwave, laptop, TV, radio/stereo, computer monitor):

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Now you have completed your challenge you have good energy habits which will continue to save you money!

For more tips and a bigger challenge visit [www.greenourherts.org.uk](http://www.greenourherts.org.uk)

## Useful tips and facts:

- Appliances which heat up like kettles, irons and hair straighteners use a lot more energy than appliances with lights like TVs or computers
- Try to keep the heat in when cooking (lids on pans or not leaving the oven door open)
- Halogen lights are more efficient than old incandescent bulbs but often there are six or more in one room compared to one central light. There are now super efficient LED bulbs to fit most halogen fittings
- Tumble driers use a lot of energy so use free solar power (a washing line on a sunny day!)
- Set your thermostat to a comfortable temperature, generally 21°C during the day. Invest in a warmer duvet rather than leaving the heating on all night but if you are older, very young or have health concerns it is recommended that you heat your bedroom to 18°C at night

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# HOME ENERGY SAVING



 Save money by switching off!

## What is vampire energy?

Leaving lights switched on in an unoccupied room is a clear waste of energy.

However, vampire energy is less obvious. This is the energy used by household appliances when they're left on standby or plugged in but not in use. These appliances slowly suck energy and cost the average household an extra £50-£80 a year on energy bills.

### Slay your 'Energy Vampires'

Switch off appliances, chargers and devices at the plug socket. Turning power off to appliances will also reduce fire risk.



### The simple rule

Anything with a clock or light on when not in use or that gets warm to the touch will still be sucking energy and costing you money, e.g. microwaves, TVs, radios/stereos, laptops and mobile phone chargers.

Vampire energy accounts for about five per cent of total electricity use.

## Why save energy?

Reducing energy waste helps the environment, whilst saving you money.

### Save money

As well as cutting vampire energy, you can save money in the home by doing other simple things like:

- Only boil the water you need in a kettle
- Only use the washing machine when full
- Buy energy efficient appliances
- Insulate your home to stop the heat escaping
- Don't leave on heating appliances like irons or ovens on for longer than necessary.

Do you 'whack' up the thermostat when you're cold? Don't bother - it won't heat your home any quicker and overheating your home will cost you money – every extra degree adds 10% to your heating bills!

### Help the environment

One third of the UK's greenhouse gas emissions comes from the energy supply sector as most electricity in the UK comes from fossil fuels.

Using energy more efficiently and reducing wastage will significantly reduce carbon emissions and pollution.

It also takes energy to heat water for washing, cooking and making hot drinks. So by only using the water you need and fixing any dripping taps you will save both energy and water.

## How to save energy?

The best way to save money on energy is to think about the appliances you use daily. Here are some examples:

### Lighting

LEDs (Light Emitting Diodes) are the most efficient bulbs available. They achieve full brightness immediately and have extremely low energy consumption (typical energy saved is 80%). They are more expensive to buy but this cost is repaid over their very long lifetime.

### Timers

Use timer plugs or devices for heating, hot water and lights if you are at work or out of the house during the day. Countdown timer plugs turn appliances off after a set amount of time – these can be really useful for things you don't want to leave on all day or night such as phone chargers.

### Freezer facts

Make sure the door closes properly and keep the drawers full to make it efficient. Even filling with crunched up newspaper is better than empty. It is thought that a fifth of old freezers may be faulty, where the thermostat does not cycle on and off as normal. This means they consume much more electricity than they should. When buying new, look out for the most energy efficient appliances which will save you money in the long run. Don't forget to recycle your old appliances. For information visit [www.wasteaware.org.uk](http://www.wasteaware.org.uk)

