

## Money Saving Switches

Switches	Potential savings
Switch your energy supplier	More than £300 per year
Switch off appliances when not in use	£37 a year
Switch to a lower temperature for your washing – 30 degrees or less	Uses around 40% less energy and could save 200kg of CO2 per person per year
Reduce hot water used and give your boiler a rest	Around a quarter of energy used in the home is for pumping water and heating it
Switch from bath to a short shower- a 5 minute shower uses on average 40 litres compared to 100 litres for a bath. (Although power showers can use more water than a bath in less than 5 minutes.)	By showering you could save 50 litres every time. You can save up to 630 litres of water a week and reduce your energy consumption
Switch the thermostat down	As much as £55 a year just from turning it down 1 degree
Switch to low energy light bulbs	One lamp can save £40 over its lifetime
Switch off the tumble dryer- air dry instead	Over £120 a year
Switch off the iron – smoothing clothes and air dry- so less need to iron	Over £30 a year and saving you time too
Only boil as much water as you need	Saving up to £100 a year
Switch to an energy monitor to understand energy use	Reduce your energy use and your bills
Switch to planning meals- make a list and stick to it	The average family spends £424 a year on food that goes straight in the bin
Switch off the tap- wash vegetables in a bowl	Kitchen taps can deliver 15-20 litres in a minute
Switch to AA rated appliances	Each appliance could save between £5 and £20 per year
Switch to cheaper brands at the supermarket	Could save you £25 a week- £1300 over a year