



## **Following this advice all year round can save you up to £350 per year.**

- Look for A or A+ rated appliances, this could save approximately £89 per year per appliance.
- Wash your clothes on a lower temperature, 30°C will clean most clothes but towels and bedding must be washed at 60°C for hygiene reasons.
- A full load of washing uses less energy than two half loads.
- Defrost your freezer regularly, it will run more efficiently.
- Full fridges and freezers use less energy, this will save you money.
- You can save money by using a microwave or a slow cooker instead of a conventional cooker.
- Use 'rubber dryer balls' in your tumble dryer as this can reduce drying time by 30%, which means less energy usage. You can usually buy these from pound shops.