



## Money Saving Top Tip's Whilst cooking

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

- You can save over £24 per year by only boiling only as much water as you need when using your kettle.
- Use a three-tier steamer instead of using separate pans.
- Use pan lids when cooking, it's quicker, it uses less energy, and it reduces condensation.
- Slow cookers are a great way to save money. They may be on for longer but they use less energy.
- Use a toaster instead of a grill. Toasters are more efficient, this will save money.
- Double up on cooking and freeze leftovers, you can defrost and reheat them another day.
- Don't put hot food in the fridge or freezer, let it cool first, as this makes the appliance use more energy.