

In the kitchen



➤➤➤ **Boiling water:** It takes a lot of energy to boil water so only fill your kettle with what you need. Similarly, fill pans to just cover food and keep the lids on. A steamer uses less water, boils more quickly and saves both time and energy.

➤➤➤ **Cooking:** Ovens heat a large space which costs money. Consider an alternative for cooking and reheating, especially for smaller meals. Running the oven for an hour will cost 21p on average. Using an air fryer for 15 minutes costs 13p, while a microwave costs 8.5p to run for the same time. A slow cooker can use as little as 5p an hour in energy costs.

Batch cooking uses the oven efficiently, allowing meals for a few days to be prepared or frozen for future quick and easy meals. A bit of planning ahead can save both time and cost.

➤➤➤ **Refrigeration:** Fridges and freezers are two of the highest energy users in your home. Defrost your freezer to ensure it is working efficiently. Check the door seals are all in place and keeping the cold in.

Don't overload your fridge. Let hot food cool before you put in the fridge. Keep a couple of bottles of tap water ready for those hotter days.

➤➤➤ **Washing up:** Minimise water used by using a bowl rather than letting the tap run. Running taps can use 8-10 litres per minute and, if it is hot water, you are wasting energy too.

Use kitchen roll to wipe off food and oils into the bin rather than washing down the drain which could cause smells and blockages.

A dishwasher uses a relatively small amount of water but ensure it is full and use the eco settings where possible to minimise energy use.

Washing and cleaning

- 01 Wash with cold water.** Switching from warm to cold water can cut one load's energy use by more than half, and, by using a cold-water detergent, you can still achieve that brilliant clean you'd normally get from washing in warm water.
- 02 Wash full loads when possible.** Your washing machine will use the same amount of energy no matter the size of the clothes load, so fill it up if you can. Two half loads, if you have this setting, use more water and energy than one full load.
- 03 Use the high-speed or extended spin cycle in the washer.** This setting will remove more moisture before drying, reducing your drying time and the extra wear on clothing.
- 04 Dry heavier cottons separately.** Loads will dry faster and more evenly if you separate heavier cottons like linens and towels from your lightweight clothing.
- 05 Make use of the "cool down" cycle.** If your dryer has this cycle option, you can save energy because the load will finish drying with the remaining heat in the dryer.
- 06 Use lower heat settings to dry clothing.** Regardless of drying time, you'll still use less energy.

Washing and cleaning

Note: if drying clothes in front of radiators or heaters, this will create a lot of moisture and lead to harmful damp and mould. Areas should be ventilated but you will lose heat to outside. If you have a less used room, this may be the best inside air drying method.

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Use dryer balls. Dryer balls, usually wool or rubber, will help keep clothes separated for faster drying, and they can help reduce static, so you can eliminate dryer sheets.

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Switch loads while the dryer is warm. This allows you to take advantage of the remaining heat from the previous cycle.

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Clean the lint filter after each drying cycle. If you use dryer sheets, remember to scrub the filter once a month with a toothbrush to remove excess build-up.

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Dry clothes outside. If you have the space and the weather is good, use lines or rotary driers which are not expensive. A clothes horse also works for smaller items.

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Cleaning around your home: Vacuum cleaners and other electrical devices don't use a huge amount of energy but it all adds up.

- Use brooms, brushes or take smaller rugs outside to clean by hand.
- Don't leave appliances running while you move furniture.
- Use sprays to break down grime, making it easier to clean with cooler and smaller amounts of water.

Investing to save money on your bills



Kitchen appliances and those for washing and drying use a lot of energy.



That equates to around **1,000kwh** of electricity for an average home or **£340 a year**.

When buying a new appliance, consider the size you need and buy the most energy efficient you can afford.

Cost savings might not be huge each year but an appliance lasting for up to 10 years, if looked after, pays for itself in a few years.

Sources

▶ Energy Saving Trust



nationalgrid

