



Help the Environment and Save Money!



Turn your thermostat down by 1° and you could cut your heating bill by 10%.

Is your water too hot? Set your cylinder thermostat no higher than 60° C.



Close the curtains at dusk to keep the heat in.

Turn the lights off when you leave the room.



Try to buy ethical clothing.

When you don't have a full washing load, always use the half load or economy program.



When doing your washing use low temperature washes whenever possible.

Dry clothes naturally.



Only boil the amount of water that you need.

Fix leaking taps! A dripping hot tap wastes enough water in a week to fill half a bath.



Use energy saving light bulbs. Just one can save you £100.00 over the lifetime of the bulb! They last 10 times longer than an ordinary light bulb.



Do a home energy check.

Put well-fitting lids on pans when cooking.



Take a shower instead of a bath.

Recycling an aluminum can saves 95 % of the energy required to extract natural resources and make a new one.



Join the Mailing Preference Service to significantly reduce junk mail.



Help the Environment and Save Money!



Get or make a compost bin. As much as 20% of what we throw away could be made into compost.



Take your own reusable bag with you to the supermarket or take a couple of friends who love you to carry your shopping in their arms.



Use public transport, car share or get on your bike!



Don't leave appliances on standby or charge them unnecessarily. The International Energy Agency (IEA) estimates the global energy consumption due to standby power at between 200 – 400 terawatts per year!



Buy refills – many cleaning products are available as refills.



Don't dump old furniture, contact the furniture re – use network; others may be able to make good use of it.



Donate your left over paint to www.communityrepaint.org.



If you don't have a dual flush toilet, pop a 'hippo' water saver, or a small plastic drinking bottle full of water, into the cistern to reduce the amount of water used per flush.



Collect the water you use to wash fruit and vegetables for your house plants.

Use rechargeable batteries.

When shopping buy products with less or no packaging.

Choose biodegradable cleaning products; the chemicals in them have less negative impact on soil and water systems.

Use recycled paper.

Install a water butt and use rainwater, to water your garden during dry spells.