

Hang this card near the cooker where it can jog everyone's memory

Warning: Don't hang it on or near a hot surface as it may melt

Cooking

Energy saving tips

- 1 Use the correct size pan for the food and the element/ring. Using a lid saves energy.
- 2 If you have an electric hob, make sure the bases of your pans are flat and in contact with the rings.
- 3 Use a pressure cooker, steamer or slow cooker. They are very efficient and cost less to use.
- 4 Boil water in an electric kettle, rather than in a pan or in a kettle on the hob. Don't overfill pans or kettles – heating extra water wastes energy.
- 5 Once a pan is boiling, turn down the heat to simmer.
- 6 For toast, use a toaster instead of the grill.
- 7 Use your microwave if you have one, but don't leave it on standby.
- 8 If you have a small top oven, use it instead of the main oven for small items.
- 9 Set the oven to the temperature you need – no higher.
- 10 Avoid opening the door of the oven when in use, and replace damaged door seals.



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Cooking: how much does it really cost?

Cooking uses a lot of energy because the oven, grill and rings operate at very high temperatures.

Electric cookers

- each ring costs about 7p/hour
- a main oven used for an hour costs about 30p
- a grill on full costs 25p/hour

Gas cookers

- one burner on low costs less than 1p/hour
- a main oven at Gas Mark 7 costs 5p/hour
- a grill on full costs 13p/hour

Microwaves

- use 90% less fuel than a traditional cooker

Fan ovens

- use about 20% less electricity than traditional ovens, because the hot air is circulated evenly

More cost-cutting tips

- If you see the edge of a hot ring or the flames from a gas ring around your pan, you are wasting energy.

- Turning the oven up high won't make it heat up faster. Set it to the temperature you need.
- Electric kettles, toasters and microwaves are more efficient, because the heat is used just to heat the food, and is not wasted heating the pan, grill or air in the room.
- Try to avoid having your cooker near a fridge or freezer, as it will increase the costs of running them.

Gas safety

- Don't block air holes in the oven with kitchen foil – keep them clear.
- Get your gas cooker checked by a CORGI (the national watchdog for gas safety in the UK) registered fitter every year. Landlords are required to arrange this annually.

Electric safety

- Switch your electric cooker off at the wall when not in use.
- If your electric cooker appears to be heating up when switched off, get it checked by an electrician immediately.

The Warmburgh Unit, which is part of the sustainable development charity Changeworks, implements the Warmburgh Plan. The Warmburgh Plan is the City of Edinburgh Council's strategy for improving the energy efficiency of Edinburgh homes. The Warmburgh Unit is supported by the City of Edinburgh Council.

The Warmburgh Unit would like to thank Energy Inform Ltd for allowing us to reproduce parts of their Energy Advice Handbook.

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Hang this card near the washer or dryer where it can jog everyone's memory

Washing & drying

Energy saving tips

- 1 Wait until you have a full load to make the most of the energy and water used for a wash.
- 2 If you need to do a half load, use the 'Economy' or 'half load' button.
- 3 Wash your clothes at 30°C.
- 4 Use short washing cycles for lightly soiled clothes.
- 5 If you don't heat your water with an on-peak electric immersion, use wash programmes with a hot fill.
- 6 Use the spin function to part-dry washing before drying.
- 7 Tumble dryers are expensive to run, so dry washing outside when you can.
- 8 Use cycles that switch off the tumble dryer automatically when the load is dry, or set short drying times and reset as necessary.
- 9 A tumble dryer with a dryness sensor works best with same-fabric loads.



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Washing & drying: how much does it really cost?

Most of the energy used in washing and drying is used to heat the water or dry the material in the load. Spinning doesn't use much energy by comparison.

You can cut costs by washing at low temperatures and reducing the moisture of clothes going into a tumble dryer.

The annual cost of running a new:

- washing machine is £21
- tumble dryer is about £35
- dishwasher is about £33

More cost-cutting tips

- A single or twin-tub is much cheaper to run than an automatic washing machine.
- The running cost of a gas tumble dryer is about a third of an electric one.
- If you have cheap rate electricity overnight, washing and drying during the cheap rate period will halve your costs. If you do this, fit a smoke alarm

near the machine. Make sure the noise won't upset your neighbours, and obviously, don't use at night if the machine is prone to leaking or flooding.

- Your washing appliance manual should provide details of which programmes take a hot fill (water from your water tank). If you have a 'combi' boiler, then you should hear the boiler fire when the machine starts to take in water on a hot fill programme.
- If you have a tumble dryer designed to be vented to the outside, make sure it always is. Venting it inside may cause condensation.

Energy labels

All new appliances must display an EU Energy Label. It shows how energy efficient an appliance is on a scale of A (the most efficient) to G (the least efficient), making it easier for you to choose between one model and another.

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Hang this card on the fridge or freezer where it can jog everyone's memory

Fridges & freezers

Energy saving tips

- 1 Make sure there is plenty of ventilation space at the back and at the top of your fridge or freezer.
- 2 Keep the cooling fins at the back of the appliance clean.
- 3 Put your appliance in a cool place away from direct sunlight and the cooker or boiler.
- 4 Check the inside temperature with a fridge thermometer (£2 – £3). Fridges should be 0°C to 4°C, and freezers -6°C (*) to -18°C (****).
- 5 Use the fridge/freezer thermostat to keep the temperature right: the higher the setting, the lower the temperature.
- 6 Don't put warm or hot items into a fridge/freezer. Let them cool down first.
- 7 Keep the door shut to stop cold air escaping and warm air getting in. Replace damaged door seals, as they let heat in.
- 8 Defrost regularly – the more ice, the more electricity is needed to keep the inside of the appliance cool.
- 9 Try to keep the appliance three quarters full, as this is most efficient.
- 10 Take food out of the freezer in plenty of time to defrost so there's no need to use a microwave.



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Fridges & freezers: how much do they really cost to use?

Fridges, fridge freezers and freezers don't use much electricity per hour, but because they are on all the time the cost of running them over a year can be high.

Costs: old versus new

The typical annual costs of running a new fridge are about £33, a chest freezer £46 and a fridge freezer £55. Older cold appliances may cost three times as much to run as modern energy efficient models, because of their design and state of repair.

Cold appliances use energy:

- to cool food from room temperature
- to remove heat getting in through the appliance casing
- to remove heat getting in when the door is opened

A cold appliance works most efficiently when it can lose heat easily. That's why it's good to keep the cooling fins clean and to leave space around the appliance to let this heat out.

Keeping the cold IN

Fridges, fridge freezers and freezers are insulated boxes, but the insulation doesn't stop heat getting in altogether; when the door is opened, cool air leaks out and warm air from the room replaces it.

Chest freezers are more efficient than upright ones, because less air escapes when the lid is opened, compared to when the door of an upright freezer is opened.

Condensation forming on the outside of a cold appliance suggests that the insulation has deteriorated, and that it is using more power than it should. It is worth replacing the appliance.

Energy labels

All new cold appliances must display an EU Energy Label. It shows how energy efficient a cold appliance is on a scale of A++ (the most efficient) to G (the least efficient), making it easier for you to choose between one model and another.

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Hang this card near a light switch where it can jog everyone's memory

Lighting

Energy saving tips

- 1 Switch off lights when they are not needed.
- 2 Use the lowest wattage lightbulb that gives the light you need.
- 3 Make use of daylight: keep windows clean and furniture away from windows.
- 4 Install energy saving lightbulbs in lights used for three or more hours a day, including those kept on for security purposes and outside lights kept on all night.
- 5 A room decorated in pale colours needs less light than a dark coloured room.
- 6 When buying a light fitting or shade, check it will take an energy saving lightbulb.
- 7 Energy saving lightbulbs can't be used with dimmer switches. Ordinary lightbulbs when dimmed save very little electricity (only 2%).
- 8 When switched on, energy saving lightbulbs do not get as hot as ordinary lightbulbs, so they are ideal for light fittings that can only take a low wattage ordinary lightbulb.
- 9 Outdoor halogen floodlights with 500W bulbs can be downsized to 300W.
- 10 Outdoor halogen floodlights should only be on for short periods. If on all night, one 500W bulb can cost over £150 a year in electricity.



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Lighting: how much does it really cost?

The efficiency of a lightbulb depends on how well it converts electricity into light.

Ordinary (filament) bulbs

Only about 5% of the electricity used by ordinary bulbs becomes light. The rest is lost as heat! This can cause discolouration of light fittings, walls and ceilings. Dimming an ordinary bulb has very little effect on the amount of electricity it uses.

Energy saving lightbulbs

Energy saving lightbulbs use a fifth of the electricity used by ordinary lightbulbs and last 10 to 15 times longer. They come in bayonet and screw fittings and can be used in ordinary light fittings. Replacing an ordinary 100W bulb with a 20W energy saving bulb will save over £100 of electricity over its lifetime.

Fluorescent bulbs (tubular fittings)

Like energy saving lightbulbs, these are five times more efficient than ordinary bulbs. They will only fit in a dedicated light fitting. Switching older fluorescent bulbs on and off continuously used to reduce their lifespan. This is not a problem for modern designs, which are more robust.

Picture lights, uplighters and desk lamps

When buying picture lights, uplighters or desk lamps, be aware that some take high wattage tungsten-halogen bulbs while others take low wattage energy saving bulbs. Your choice will depend on what lighting effect you want and the size of your room – but remember that higher wattage bulbs cost more to run.

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Hang this card near your boiler or a heater where it can jog everyone's memory

Heating & hot water

Energy saving tips

- 1 Turn down your heating by 1°C – this can cut bills by up to 10%.
- 2 Set thermostats correctly:
 - hot water thermostats at 60 – 65°C
 - room thermostats between 18 – 21°C (or 23°C if there are elderly or very young people in the home).
- 3 Install a condensing boiler and correct heating controls – they can reduce bills by as much as 40%.
- 4 Avoid placing furniture in front of radiators. Fit shelves above radiators and put foil behind them.
- 5 Use a shower instead of a bath.
- 6 Close curtains at dusk to stop heat escaping through the windows.
- 7 Insulate your hot water tank and pipes.
- 8 Use a timer to set your heating and hot water to come on at the times that suit your needs.
- 9 Have your gas central heating system serviced regularly, as it will help with efficiency and safety. CORGI (the national watchdog for gas safety in the UK) recommends that this happens annually.
- 10 Insulate your home, as it will be far easier and cheaper to heat.



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Heating & hot water: how much does it really cost?

Types of heating systems – space heating

- 1. Wet central heating:** a boiler heats water that moves through the pipework and radiators in a loop. Most common fuel: gas.
- 2. Electric storage heaters:** store heat during off-peak periods (using cheap electricity) and release it the next day. The 'output' or thermostat dial is used to change the rate the heat is released.
- 3. Warm air systems:** a centrally located boiler heats air, which is carried through ducts into the rooms.
- 4. Individual heaters:** include wall convector heaters, radiant convector gas fires, electric fires and portable heaters such as bottled (Calor) gas and paraffin stoves.

Central heating boilers

Non-condensing boilers: Old boilers are between 60 – 70% efficient. New boilers are around 80% efficient.

Condensing boilers: 95 – 97% efficient.

A combination boiler or 'combi': Cheaper to install and run. Heats water instantaneously, so there is no need for a hot water cylinder. Delivers water at mains pressure, so does not require a pump.

Water heating

There are two types: those storing hot water in a tank, and those heating cold water instantaneously on demand.

Types of heaters – how much do they cost to run?

Radiators (part of a central heating system)	Usually cheapest to run with gas.
Convector heater (2.0kW)	20p/hour
Fan heater (2.0kW)	20p/hour
Infra-red heater (1.0kW)	10p/hour
Panel heater (1.5kW)	15p/hour
Bar fire (3.0kW)	30p/hour
Oil filled radiator (1.0kW)	10p/hour

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