

Some Easy Ways to Help Protect the Environment (and save some money too!)

Heating

Turn your central heating thermostat down to between 18°C and 22°C. Turning it down by 1% can save as much as 10% from fuel bills.

Heavy curtains keep out draughts, especially if they have a thick lining, reach the floor or window sill and have a number of folds. Don't hang curtains in front of radiators though!

Try placing foil behind radiators. Household foil will do, although it is possible to buy foil for this purpose from DIY stores.

Don't put furniture in front of radiators, but if appropriate, fit shelves above them as this deflects heat into the middle of the room.

Investigate further draught proofing of windows and doors.

Cooking

Only heat the amount of water you need.

Use boiled water immediately rather than leaving it and then re-boiling.

Put well-fitting lids on pans.

Keep heat on the base of the saucepan, do not let flames lick the sides of the pan.

Fridges/Freezers

Door seals should be able to grip a piece of paper tightly.

Keep your fridge temperature at 2 to 3°C and freezer at -15°C. Check the fridge is not near a cooker or any other heat sources.

Defrost your fridge and freezer regularly.

Use old newspaper to fill gaps in the freezer when you are not storing much food - this improves efficiency.

Washing

Use low temperature washes whenever possible.

Try to dry clothes naturally.

Appliances

Turn televisions and other appliances off at the mains. Leaving appliances on standby still uses energy.

Turn off your home computer when it is not in use.

Energy efficient light bulbs are more expensive than standard bulbs but they will last up to 10 times longer which conserves significant energy.

If possible, buy the most energy efficient products possible. Ask retailers and manufacturers for information, and look out for the Energy Efficiency Recommended Logo.

For free Energy Efficiency Advice from Climate Benefits, contact freephone: 0800 783 2503.

Water

Check for and fix dripping taps.

Turn off taps if you do not need them, for example when cleaning your teeth.

Have a shower instead of a bath when possible.

Keeping cool water in the fridge means you won't have to run a tap continually to get cold water.

Think about how much bleach and household cleaner you use. The chemicals do affect the water course.

A washing machine can use as much as 95 litres water per cycle. Using a full load uses less energy, water and costs less overall than washing half loads. The same can be applied to dishwashers.

Flushing the loo can use around 15 litres of water. Placing a brick in the cistern or using a hippo from the water company can lead to considerable savings.

Think of ways to use 'grey water', from cooking or fish tanks. This water can often be used in the garden and for watering household plants.

[Water Wise](http://www.waterwise.org.uk) is a not for profit, non-governmental organisation dedicated to reducing water wastage in the UK. See www.waterwise.org.uk for independent advice relating to all aspects of water efficiency.

Waste

Recycling saves the earth's resources. Every tonne of recycled glass saves over a tonne of raw materials.

Recycling saves energy. Recycling aluminium cans saves 95% of the energy required to extract natural resources and make a new can.

Recycling helps conserve the environment as it reduces the need to mine raw materials, limiting the impacts of mineral extraction on the landscape.

Remember the 3R's and apply them to your own waste before disposing of it- Reduce, Reuse, Recycle.

For detailed information about how to reduce, reuse and recycle waste, the web site www.recycling-guide.org.uk contains a range of useful suggestions.

Try not to make a special trip for recycling

Plan your shopping. Surplus food is often thrown away, think whether you really need everything you buy.

Avoid buying products which are over-packaged.

As much as 20% of what is thrown away could be compostable.

Reduce unwanted junk mail by joining the [Mailing Preference Service](http://www.mailingpreference.com).

Take your own reusable bag with you to the supermarket.

Try to use returnable or reusable containers.

Buy goods in refillable containers.

Avoid disposable goods where not necessary.

Transport

Cars have a significant environmental impact. Consider using public transport, walking, or cycling for your journey.

Drive with consideration for cyclists and pedestrians.

Turn off your car engine if in a traffic jam or are stationary for more than 2 minutes.

Keep the car engine properly serviced and maintained. By ensuring maximum efficiency, you can save fuel and decrease emissions.

Ensure tyres are correctly inflated.

Don't drive too fast as exhaust emissions rise dramatically in cars travelling over 55 mph.

Car share if possible and only undertake necessary journeys.