

On easy ways to save

THESE LOOK
DO-ABLE.



SO WHAT
ARE WE
WAITING
FOR?

100 ways

to help you save energy and money

e-on

The big savings

Your first step should be to ensure you're not wasting heat. That means sorting out your loft insulation, stopping draughts and filling cavity walls with insulation.

We calculate that:

- Around 25% of heat is lost through an un-insulated roof
- Around 33% of heat is lost through un-insulated walls.

Loft insulation and draught proofing can be done by a competent DIYer with materials bought from home improvement stores such as Wickes or Homebase, where we've subsidised the products to make them more affordable. Please see in store for all the latest offers. The recommended depth for loft insulation is now 270mm, about 11 inches. If you have less than 60mm of loft insulation, we can help with a professional installation for around £150. Offer ends 31 March 2010 and additional charges may apply if your property is larger than average for its property type or if vents are required.

Cavity wall insulation should be left to the professionals who will first survey your home to make sure it is suitable and give you a 25 year guarantee once installed. Normally it takes just half a day to complete. Again the subsidised cost is about £150. Offer ends 31 March 2010 and additional charges may apply if your property is larger than average for its property type or if vents or scaffolding are required.

Installing these measures will reduce your heating bills and we calculate that this could be as much as £370 a year for an older 3 bed semi detached home with a ten year old gas boiler. More modern homes save less – see the table for savings.

| Year built | Cavity Wall Insulation Saving | Loft Insulation Saving | Combined Saving |
|-------------|-------------------------------|------------------------|-----------------|
| Pre 1900 | Solid wall | £98 | £98 |
| 1900 – 1929 | Solid wall | £83 | £83 |
| 1930 – 1949 | £290 | £81 | £371 |
| 1950 – 1966 | £273 | £77 | £350 |
| 1967 – 1975 | £246 | £73 | £319 |
| 1976 – 1982 | £138 | £73 | £211 |
| 1983 – 1990 | £58 | £38 | £96 |
| 1990 – 1995 | £60 | £23 | £83 |

To calculate these savings we've used a typical 3 bed semi with at least 50mm of loft insulation already installed. Some lofts have no insulation, some more. Homes built after 1983 will usually have more and we've reflected this in the potential savings. We've also assumed the gas boiler is about 10 years old (and so wouldn't be eligible for the government scrappage scheme) and a price of 3.407p/kWh for gas. As you can see, individual savings depend a large number of factors and these savings should be treated as a guide.

Also experience tells us that many customers like to have a warmer home, making it more comfortable. This reduces the savings shown above. But even allowing for this, both forms of insulation are a worth-while investment.

Call us on **0800 051 0762** if you'd like a quote for cavity wall or loft insulation. Our UK based agents are available to speak with you between 8am and 8pm Monday to Friday



What's cooking?



1. Size matters – never put a small pan on a large ring – it wastes energy and money.

2. Cut food into smaller pieces as it cooks quicker.
3. Put lids on your saucepans when cooking as it reduces cooking time.
4. Use the inner ring if you have dual rings – food will cook in the same time, but use less energy.
5. If you have a gas hob, make sure you have it on the right setting for your saucepans – if you find flames going up the sides, your setting is too high.
6. Use a steamer or segmented pan – you will be able to cook several types of vegetable on just one ring.
7. Use an energy saving kettle to boil water – these allow you to boil just what you need.
8. Descale electric kettles regularly – limescale makes your kettle work harder.
9. Don't delay – many modern ovens, especially fan ovens, need little or no preheating.
10. Try using all the space in your oven when it's in use, you could cook extra portions of food that you can freeze.
11. Use an electric toaster – they are quicker and more efficient than electric grills for making toast.
12. Avoid chip pans – try an electric deep fat fryer, they are safer and more economical.

13. Try a pressure cooker – they cook food faster due to the high temperature and pressure conditions inside the cooking pot.
14. Use a slow cooker – for many dishes these are more efficient as you can cook the whole dish in one pot.
15. Buy a halogen or induction hob if you're looking for a new one – they are efficient, controllable and easy to clean.
16. Grill if possible – it can be healthier and quicker than using the oven.
17. Try to turn boiling vegetables or rice down to a simmer – they will cook in the same time, but it will cost you less.
18. Keep the glass in your oven door clean – you will then be able to see through it to check your food, instead of opening the door and letting the heat out.

WHAT'S IN THERE?

VEG. WE'RE MICROWAVING OUR VEG FROM NOW ON. IT'S BETTER FOR US - AND CHEAPER THAN BOILING THEM!



19. Use a microwave to heat things up – they are quick, easy to use, economical and energy efficient.



20. Use low energy light bulbs – they last up to 10 times longer and cost up to 80% less to run than standard bulbs.

Bright ideas

21. If you can, use a fluorescent tube light in the kitchen – they give long lasting light and have low running costs.
22. Switch lights off when you leave a room – you're wasting energy by leaving them on when you don't need them.
23. Fit outside lights with a sensor – this way they will only be on when you need them.
24. Try to use the right low energy wattage bulbs – they will give you a good light and cost you less to use.
25. Invest in energy saving stand by plugs which automatically turn off TVs, computers and laptops.
26. Don't leave televisions, DVD players or computers on standby. It's wasting your energy and money.
27. Don't leave things charging unnecessarily – electric toothbrushes, battery chargers and mobile phones should be turned off when fully charged.
28. Use solar powered lights for your garden – they use no mains electricity, which will save you energy and money.

A warm feeling inside



29. Programme your heating for the week ahead – so that it is turned off when you're away and on when you're back.

- 30. Turn your central heating thermostat down just 1°C, (between 18°C and 21°C is ideal) and the Energy Saving Trust say you could save up to 10% on your energy bills. est.org.uk
- 31. Turn down your heating before opening a window, so you don't waste heat you're paying for.
- 32. Avoid putting storage heaters under windows or near draughts – it can affect the sensor measuring your room's temperature.
- 33. Fit thermostatic radiator valves to radiators – you'll then be able to alter individual room temperatures to suit your needs.
- 34. Don't leave your heating on all day if you're not there – it's a myth that it's cheaper to do this than having it on just when you need it.
- 35. Heat water with your boiler – using an immersion heater is often more expensive.
- 36. Fit the right size radiator to suit your room – it means your rooms will not be cold when you're using your central heating.

37. Don't cover radiators with curtains or furniture – it makes them less efficient.
38. Avoid overheating your house at night while you're sleeping – try a thicker duvet first to keep you warm.



39. Ensure your fuel burning appliances are checked annually – this helps ensure they are working efficiently.

40. Bleed trapped air from hot-water radiators once or twice during the winter – this allows the heat to circulate effectively and efficiently.
41. Gas boilers over 15 years old are likely to be far less efficient than a modern condensing boiler so replace it if you can.
42. When replacing your boiler, you should also update your heating controls too.
43. Keep internal doors open when it's warm – this will allow air to circulate throughout your home, helping to keep it warm for free.

In hot water



44. Try rinsing hand washed dishes in cold water instead of hot – it will save hot water.

- 45. If you do have a bath, avoid wasting water – don't fill the bath deeper than you need.
- 46. Put the plug in when washing your hands instead of using running water – it will save you hot water and money.
- 47. Use a washing up bowl in the kitchen sink – you will use less water.
- 48. Shower instead of taking a bath – baths use up to three times as much hot water as non-power showers.
- 49. Keep your cylinder cosy – ensure your hot water cylinder has a 80mm jacket.
- 50. Wrap up exposed pipes in insulation – it will save heat and help stop them freezing in winter.
- 51. Boil the kettle when you only need a small amount of hot water.

52. Make sure your immersion heater thermostat is not set too high – 60°C is ideal.
53. Ensure you turn taps off when you're not using them – it will avoid wasting water.
54. If your central heating also heats your water, fit a cylinder thermostat to help ensure you don't overheat your water.
55. Turn down your heating when going on holiday in winter – it will still ensure your pipes don't freeze and avoid wasting heat when you're not there.
56. Alternatively, if you go away in the summer you could consider turning your water heating off altogether – saving you money while you're away.
57. If you're on a water meter be careful not to waste any, especially hot water, as you will be paying for the water and to heat it.
58. If you don't have a water meter fitted and there are only a small number of people living in your home, you could save money by having a water meter. Your water provider will be able to advise on what's best for you.
59. Replace washers on dripping taps – you're wasting water if they are dripping.

Mind the gap

60. Wrap around cold water pipes with insulation and over the tank in your loft – don't insulate under the tank however as this allows warm air rising from the rooms below to circulate and help prevent freezing.
61. Put draught excluders around the loft hatch to reduce the amount of heat escaping into the loft.
62. Insulate the back of the loft hatch with a securely fastened piece of insulation material – this will reduce the amount of heat escaping.
63. Spray insulation foam around areas where pipes enter your home to stop draughts – but make sure you don't block vents and wear a mask while you spray.
64. Have cavity wall insulation installed if your walls are suitable and you don't already have it – it will reduce your home's heat loss.



65. Always use underlay with carpets to stop heat escaping through floors.

66. Insulate your loft with at least 270mm / 11 inches of mineral wool insulation – this will make your home more efficient and help save you money on your energy bills.



67. Seal draughts between floorboards, skirting boards and behind bath panels – this will help keep heat in.

68. Consider double glazing if you have single glazing – it will pay for itself over time.

69. Alternatively, install internal secondary double glazing – it can be cost effective.

70. Draught strip doors and windows with foam insulation strips – it's cheap and very effective.

71. Line your curtains – it will keep valuable heat in.

72. Draw curtains when it goes dark – this stops heat escaping and draughts coming in.

73. Keep windows and internal doors closed when it's cold – this will keep heat inside where you need it.

74. Make a 'sausage dog' – use rolled up blankets or sausage shaped cushions to keep out draughts from your window sills and doors.

75. Get a keyhole cover – this will help keep out draughts.

76. Invest in a draught excluder for your letter box.

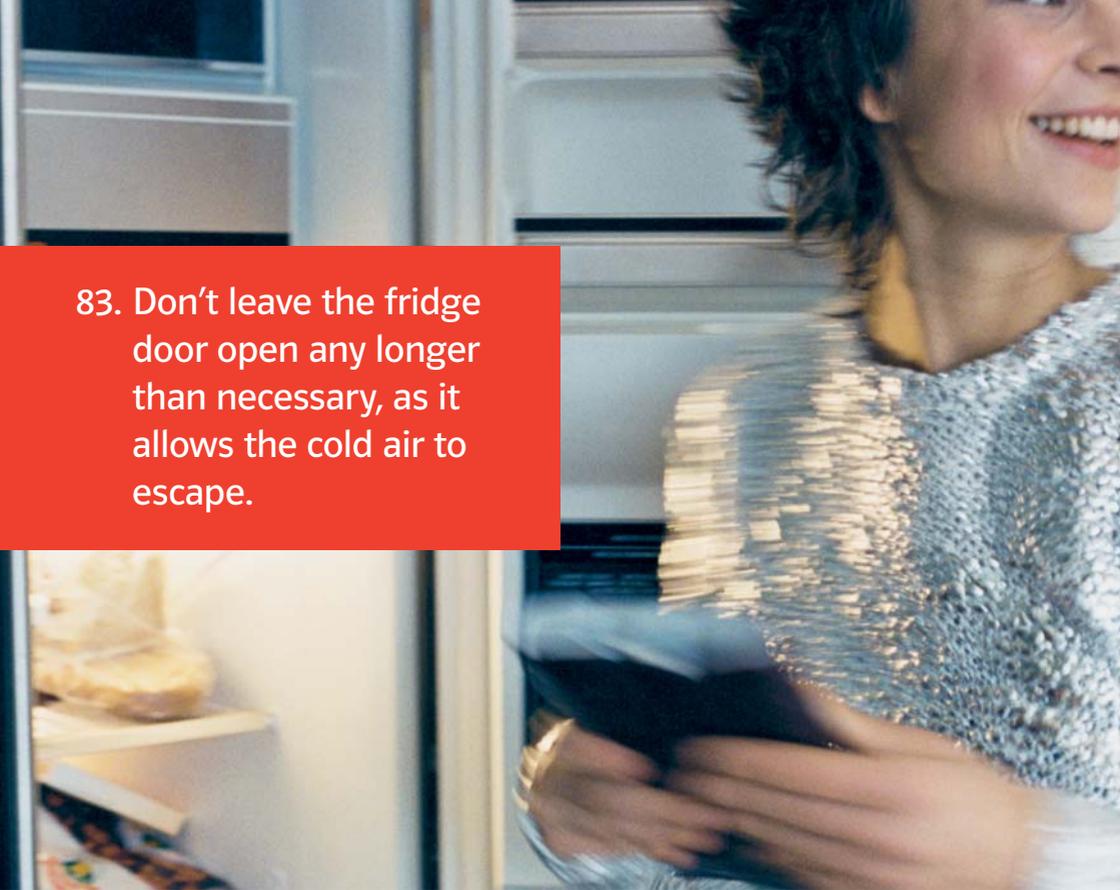
The big chill

77. Keep the back of your fridge and freezer clean as it will help keep it running efficiently.
78. Don't overfill your fridge – cold air needs to be able to circulate and it works harder to do this when it's full.
79. However, try to keep your freezer at least three quarters full – the less empty space inside, the more efficient your freezer can work.
80. Make sure the door fits tightly on your fridge or freezer and that the rubber sill is not worn. If not your appliance will work harder and cost you more to run.
81. Keep fridges and freezers away from cookers, heaters and direct sunlight. If they need to be close together, leave a good gap.
82. Replace an inefficient fridge-freezer with an 'A' rated model.

SO WHAT DO YOU
THINK? WHITE,
SILVER...?



I DON'T MIND AS
LONG AS IT'S GOT
AN 'A' RATING.



83. Don't leave the fridge door open any longer than necessary, as it allows the cold air to escape.

84. Buy a fridge thermometer if your fridge does not already have one, and set it to the optimum temperature of 0°C - 5°C.

85. Let hot food cool before putting it in the fridge – otherwise the temperature will rise inside putting other food at risk and making your fridge work harder to chill everything.

86. Defrost your freezer regularly if it does not do it automatically. Letting more than 6mm or ¼ of an inch of ice build up, makes your freezer work inefficiently.

87. Dispose of your old appliances properly. Where you bought your new appliance from or your local council will be able to help. This helps reduce the amount of harmful refrigerants being released from old fridges and freezers into the air.

Clean machines

88. Don't run your dishwasher unless it's full, to avoid wasting energy.
89. Buy the right size fridge or freezer for your home – this could save you money on running costs.
90. Switch to cold washing – 85 to 90% of the energy used to wash your clothes is used to heat the water. By turning the dial to cold on your washing machine, you help the environment, save energy and save money.
91. Try and dry your clothes outside – this will save you energy and money compared to using your tumble dryer.
92. Wring clothes by hand or spin them in your washing machine before you put them in the tumble dryer if you have to use it – this will shorten the drying time required.



93. Washing at 30°C saves energy and money compared to washing at 40°C.



94. Use economy settings if your dishwasher or washing machine has them, as appliances like these will be cheaper to run on these settings.

95. Avoid over drying your clothes in the tumble dryer – it wastes money and makes them harder to iron.

96. Don't dry clothes on the radiator – it makes your boiler work harder.

97. Look for 'A' ratings when you need to buy a new appliance – most modern appliances have an 'A' rating when they are energy efficient.

98. If you don't have a full load of washing, use the half load setting as it will save water, money and energy.

99. Descale your washing machine – it will keep it working efficiently.

100. Use an Energy Saving Monitor – this will show you how much energy you use to run things and where else you can save energy and money.

So how much could I save?

Now we've given you 100 energy saving tips, you'll be thinking "How much could I save?".

We don't know, because it all depends on how hard you try. We do know that keen green businesswoman Lesley Roberts from Newcastle managed to reduce her energy consumption by a massive 40% in just 90 days. In doing so, she won our recent 'Watt Watcher Challenge'.

Between September and December 2009, Lesley Roberts and four other 'keen greens' from around the UK, competed to win E.ON's '90 Day Watt Watcher Challenge'. Their aim was to reduce their energy 'wastelines' by adopting a leaner, greener attitude towards the energy they use in and around their homes. During the 90 day 'watt-loss' challenge, each household had to demonstrate their commitment to leading a greener way of life by making small changes in their day-to-day activities, ultimately cutting their carbon emissions and shedding pounds from their energy bills.

Lesley Roberts said: "Watt Watchers has been a fantastic experience for me. I've made a big effort to be more energy efficient and have genuinely enjoyed my journey towards a greener future. The lessons I've learned over the course of the competition will definitely last a lifetime so I'm looking forward to seeing the lasting effects of my hard work."

Go to eonenergy.com/wattwatchers to read Lesley's blog of her Watt Watching journey. Hopefully by reading about her experiences and energy saving secrets you'll be inspired to make a whole series of changes yourselves.

So come on, how much can you save?

Advice and information

Energy Efficiency Advice Line

Freephone 0500 20 10 00

E.ON advisors are on hand to tell you what you could do around your home to use less energy, saving you money too. We're open weekdays 8am to 6pm.

E.ON Customer Service Centre

Call 0845 059 9905

Minicom: 0800 056 6560
Email: domestic@eonenergy.com
Post: E.ON, Customer Service Centre, Phoenix Centre,
Colliers Way, Nottingham, NG8 6AT

[eonenergy.com/house](https://www.eonenergy.com/house)

Step inside our virtual house to help save energy and money

[eonenergy.com/tracker](https://www.eonenergy.com/tracker)

Manage your account online you can track your energy usage

[eonenergy.com/challenge](https://www.eonenergy.com/challenge)

See how much you could save by taking our energy challenge

[eonshop.com](https://www.eonshop.com)

Products to help you save energy

[eonenergy.com/wattwatchers](https://www.eonenergy.com/wattwatchers)

See how our Watt Watchers have saved money by saving energy.

[youtube.com/talkingenergy](https://www.youtube.com/talkingenergy)

Watch a video of our Watt Watcher runner-up Ruth Gordon and her family.

For more information about energy efficiency visit

[eonenergy.com/energyefficiency](https://www.eonenergy.com/energyefficiency)