

Laundry



- ✓ Only put on your washing machine when it has a full load.
- ✓ When using a washing machine turn down the temperature. Heating the water to an unnecessarily high temperature uses more energy.
- ✓ Electric tumble dryers use energy. If it's a nice day dry your clothes outside. In the winter most drying is done by the wind, so check the forecast for wind days and nights as you can hang washing overnight (as there is no dew in the winter).
- ✓ Irons use a lot of electricity to get hot - only iron clothes that really need it.
- ✓ Cut up old clothes or sheets that you were going to throw out, to use as cloths for cleaning jobs rather than buying new ones.

Bathroom



- ✓ Spend less time in the shower. Spending one minute less in the shower each day will save up to £7 off your energy bills each year, per person. Heating water uses a lot of energy.
- ✓ Turn off the tap while cleaning your teeth. The clean water that flows out of your tap needs energy in many stages of processing and transport before it gets to the tap. Don't waste it!

Eco Tips

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- ✓ If your toilet cistern holds more than 6 litres of water (likely if it was installed before 2001) put a [Hippo Water Saving](#) device (or a brick) in it to save water each time you flush.
- ✓ Fit a water efficient shower head (if you've got a shower that takes hot water straight from your boiler or hot water tank). This will reduce your hot water usage while retaining the sensation of a powerful shower.
- ✓ Switch to eco cleaning products which biodegrade in the sewerage system and don't damage aquatic life in our rivers and seas. They also contain less harmful chemical for us too.

Shopping



- ✓ Make a list before you go food, clothing or gift shopping to help avoid impulse buying and over stocking with e.g. short 'eat-before-date' food you may end up throwing away.
- ✓ Reduce your impact on the environment by buying second hand when you can. Charity shops are good sources of reused items. So are [Emmaus](#), [Freecycle](#), [Ebay](#), [Gumtree](#), [Preloved](#), [Vinted](#), etc.
- ✓ When you need to buy a large item research it carefully. Think about how long it could last, how much it will cost to run, what it is made of, where it is made, and can it be recycled at the end of its life? Better quality items often last longer and so cost you less over time.
- ✓ Think, do you need and will you get value from upgrading to the latest product. Often new features are least used. Most financial depreciation happens in the first year or three.
- ✓ Tempted to buy on impulse when you are shopping? Get in the habit of coming back the next day or next week when you have thought through whether or not you really need it.

Energy Bills



- ✓ Get to grips with understanding your energy bills. The information on a typical energy bill can be confusing but understanding it can go a long way to helping you manage your energy use to minimise cost.
- ✓ Switch your electricity supplier so that you support renewable electricity generation rather than electricity made by burning fossil fuels. There are many energy tariff comparison sites. You could, for instance, use the [Green Journey](https://switchgasandelectric.com/) domestic price comparison site <https://switchgasandelectric.com/>
- ✓ More than half the money spent on fuel bills goes towards providing heating and hot water. Installing controls such as a room thermostat, programmer thermostatic radiator valves, a smart meter and using these efficiently, could save you around £75 a year.
- ✓ If you already have a full set of heating controls, turning down your room thermostat by just one degree can save around £80 a year. (Jumpers are fashionable!)
- ✓ Smart Plugs can be purchased cheaply and set through an App to switch off (and switch on) devices such as TVs, Printers, Christmas lights, etc which continue to burn electricity while on standby or after you go to bed.
- ✓ Discover and take advantage of Smart Tariffs which allow you to charge Cars, Storage Heaters and Heat Pumps, run washing and dishwashing machines and dryers overnight at cheaper prices.
- ✓ Nowadays you can even buy shares in co-operatives generating their own green electricity and get credits on you electricity bill for the energy sold wholesale by the co-operative to energy suppliers. For example, <https://rippleenergy.com/>.

Kitchen



- ✓ Never put warm or hot food into the fridge or freezer as this will make the fridge work extra hard to try and keep it cold; always allow food to cool down first.
- ✓ Use a washing up bowl rather than a running tap or a full sink and save £25 a year in energy bills.
- ✓ When making a cup of tea, only boil the amount of water that you need. You waste electricity (and money) heating water you don't use.
- ✓ Stop using aluminium foil for cooking wherever possible; use a container with a lid that can be reused. Aluminium is a rare metal and its extraction, purification and recycling uses a lot of energy.
- ✓ Eat less meat, particularly red meat as producing 1 kg of beef produces the equivalent CO₂ to you driving a 300-mile round trip while leaving all your lights on at home.

Holidays



- ✓ Going for a day out to the beach? Take a bag in your pocket and pick up any litter you see.
- ✓ Planning your day out or holiday journey? Use public transport if you can to reduce your carbon emissions. Travelling by train, or ferry to Europe can use less CO₂ than flying and can be part of the holiday adventure.

- ✓ If you are planning to fly for your holiday, make sure you carbon offset the carbon you generate from your flight, e.g. with Climate Stewards www.climatestewards.com.
- ✓ Holiday waste? When you are away try and take as much care to save energy, recycle, prevent food waste as you would at home.

Electrical appliances



- ✓ You can save around £30 a year just by remembering to turn your appliances off at the plug rather than leaving them in standby mode. See Smart Plugs (see [Energy Saving](#)).
- ✓ And take your phone charger out of the socket when not in use. It continues to consume energy even when it's not charging your phone.
- ✓ Buy A-rated electrical appliances whenever you can. They may be more expensive initially but you will save on your energy bills and reduce CO₂.
- ✓ The location of your fridge can make a big difference in how energy efficient it is. Make sure it is out of direct sunlight and not close to the oven. Keeping it against an outside wall will help the heat it generates escape more easily but always make sure that there is a few inches' space all around the fridge so that the hot air it creates can escape into the room.
- ✓ Electrical gadgets are great, but the environmental impact of manufacturing them and disposing of them at the end of their life is high. Think before you buy more gadgets.

Water



- ✓ Why do we need to save water? See [Water Conservation Leaflet](#).
- ✓ Catch and store rainwater to use in the garden, rather than using tap water.
- ✓ Don't buy bottled water in a disposable plastic bottle. Consider the energy used producing, bottling and transporting it. Buy a reusable bottle and top up from the tap.
- ✓ Most homes are now on metered water supplies. Using less mains water saves you money. Don't run taps unnecessarily e.g. while cleaning your teeth or rinsing. If your toilet has a short flush get in the habit of using it.
- ✓ To save water in the home see www.yorkshirewater.com/savewater

In the car



- ✓ When starting from cold in a non-electric car, drive away immediately as idling to heat the engine wastes fuel and causes rapid engine wear.
- ✓ When driving, the most efficient speed depends upon the car in question but is typically around 55 - 65 mph, faster speeds will greatly increase wind resistance and your fuel consumption. Slow down. Relax. Allow a little more time and enjoy your journeys.

- ✓ Make maximum safe progress but drive like you are carrying a new born or elderly neighbour home from a hospital admission – smoothly with no sudden changes of speed or direction.
<https://www.iamroadsmart.com/courses>
- ✓ Change your car breakdown cover to a company that campaigns for better environmental transport measures, rather than a company that is part of the road transport lobby - for example, the Environmental Transport Association www.eta.co.uk
- ✓ If you pull over, or are stuck in traffic for even a minute, switch off your car's internal combustion engine. This saves you fuel, reduces the Carbon Dioxide (CO₂) and Nitrous Oxide (N₂O) and particulate pollution breathed by you and those around you. And it cuts noise pollution.
- ✓ Ensure your car's tyres are correctly inflated as this saves fuel, reduces tyre wear (particulates and costs) and tyre noise.
- ✓ Charge your Electric (EV) car or Plug In Hybrid (PHEV) overnight as this uses lower cost energy that might otherwise be wasted. Electricity suppliers offer hugely cheap rates for overnight electricity. Shop around.

Lighting your Home



- ✓ It's been estimated that if the average household replaced all of their bulbs with LEDs, it would cost less than £100 and save more than £35 a year on electricity bills as well as reducing by 75% the CO₂ produced by electricity generation and transmission.
- ✓ Use natural light when you can to save energy. Sit by the window. Decorate your home in light colours to maximise natural light.
- ✓ Turn your lights off when you're not using them. If you switch any light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light.
- ✓ If you want lights in your garden investigate solar powered lights that charge during the day and don't consume mains electricity.

Keeping Warm



- ✓ Make sure you close your curtains when it gets dark to stop heat escaping.
- ✓ Don't leave external doors and windows open when you want to conserve heat.
- ✓ Get 'draft proof' to stop losing heat. Professional draft-proofing of windows, doors and blocking cracks in floors and skirting boards can cost around £200 but can save around £25 a year on energy bills. DIY draft-proofing can be much cheaper. Installing a chimney draft excluder could save around £15 a year as well.
- ✓ Make sure your hot water tank is insulated with a thick jacket. It will save you lots of money, not to mention reducing your carbon emissions.
- ✓ Use thermostatic radiator valves to maintain a lower temperature in little-used spaces such as hall, stairs and spare bedrooms.
- ✓ While you are away, set your central heating to 'Holiday Mode' (keeps your home above freezing).
- ✓ Use programming controls to lower the maximum temperature when you are out at work or sleeping and raise it again ready for you to occupy your living spaces.
- ✓ Has your loft got loads of insulation? It's one of the cheapest and easiest ways to save energy and will pay for itself in hardly any time.

Christmas, Birthday and Thank You gifts



- ✓ Be creative in the gifts you give and make sure your desire to be loving is not damaging the environment.
- ✓ When getting ready for festive occasions buy as much locally produced, in-season food and particularly vegetables as you can – saving 'food-miles' (CO2 producing transportation. Try not to over-cater and waste food.
- ✓ Wrap and re-wrap. Why not reuse wrapping paper or use brown paper? Take a bit of care unwrapping your presents (it adds to the gift experience) save the paper and reuse next time.
- ✓ Don't forget to recycle your rubbish. Don't waste unwanted presents but find new homes for them through charity shops, Ebay, Gumtree, etc.
- ✓ Make a new Resolution. How will you and your household care for creation, starting today?

Less Plastic - More Fantastic



Presentation July 2019 [Here](#)

"Anyone can become a Single-Use Plastic Champion - all that is required is a desire to see single-use plastics eliminated from the workplace"

Source: Civil Service Local

Growing your own food



"Nothing tastes as good and costs fewer food miles than fruit and vegetable you grow yourself"

Interactive Personalised Vegetable Growing Cheat Sheet [Here](#)

Vegetable Growing Cheat Sheet as a Poster [Here](#) and [Here](#)

Source: Anglia Home Improvements

Actions for Wildlife



"Simple things you can do at home and in your neighbourhood to help wildlife" [Here](#)

Source: Yorkshire Wildlife Trust [Here](#)