

# Big Energy Show

## Take it home sheet

Did you know that energy used in the home accounts for over a quarter of the UK's total CO<sup>2</sup> emissions\*? Why not take what you've learnt from the Big Energy Show activity home and monitor the amount of energy you use around the house, then set your family targets to reduce it?

Sit down with your family, and tell them what you've learnt about wasting electricity: how it can harm the environment and increase your energy bills. Then take a look at the checklist below, for some of the simple things that you can do to save electricity, and tick them off when they're completed or you and your family are doing them regularly:

1	Turn your central heating down. Reducing your room temperature by just 1°C could save you between £85 and £90 a year. If you have a programmer, set your heating and hot water to come on only when required, rather than all the time.	
2	If you're not in the room – turn the lights off. Even if you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again.	
3	Consider investing in a smart heating control that lets you control your heating remotely (e.g. through your mobile phone) so you can adjust it from wherever you are.	
4	Turn your washing machine down to 30 degrees – and always make sure the drum is full before putting it on (one full load uses less energy than two half loads).	
5	Consider upgrading old appliances. Fridge freezers that are more than 15 years old, for example, are likely to be using more electricity than required. Dust the back of the fridge once a year to keep it running efficiently.	
6	When boiling a kettle, only fill the kettle with the water you need immediately – you'll save around £7 a year.	
7	Fix leaky taps. A dripping hot tap wastes energy from heating as well as up to 95 litres of water a day**.	
8	Use a bowl to wash up rather than a running tap and you could save £30 a year in energy bills.	
9	Draught-proof windows and doors, and block cracks in floors and skirting boards, to save up to £25 to £35 a year on energy bills.	
10	Don't put hot food in the fridge – let it cool down first otherwise the heat will warm the rest of the fridge and the fridge will need to work harder to cool down.	
11	Where possible, dry clothes on a line or airer instead of using a tumble dryer.	
12	And finally, remember, if you're not using it – turn it off! You could save around £30 a year just by remembering to turn your appliances off standby mode.	

If you have any good ideas for saving energy at home, why not share them by **posting a blog** on the Pod?

All sources from Energy Saving Trust, except the following:  
 \* [www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/345141/uk\\_housing\\_fact\\_file\\_2013.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/345141/uk_housing_fact_file_2013.pdf)  
 \*\* [www.nationaltrust.org.uk/article-1356397745420/](http://www.nationaltrust.org.uk/article-1356397745420/)

