

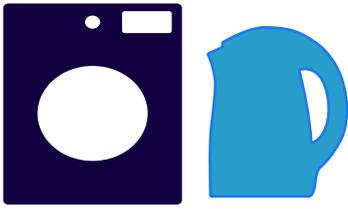
# keep your energy bills trim with the **green energy uk** Carbon Diet

**Reduce your CO2 emissions and the size of your energy bills with our Carbon Diet, and watch the ££££'s pile on! Use less – pay less – pollute less.**



- Clean dirty skylights, windows and glass doors to let more light in. Increase natural light coming in by removing anything inside or outside that might be blocking it. Trim bushes or plants if needed.
- Clean windowsills and blinds to improve light reflection. Repair blinds that do not open fully.
- Use sensor or timer switches where lights do not need to be kept on all the time.
- Try to avoid painting your walls in dark colours. White or pale colours will help reflect light and brighten any room.
- Energy efficient bulbs use 80% less electricity than filament bulbs and waste very little electrical energy through heat. Spotlighting does not use up much energy alone, but spotlights only light a small area, so these should never be used to light a room.

- The average electrical appliance left on standby can use up to 75% the amount of electricity it would have used if left turned on. Switch off at the plug to save yourself money and energy.
- The most energy efficient way to use a washing machine is to always fully load it. They still boil and run the same amount of water as they would with a smaller load. So, load it up to make the most of it.
- The same goes for dishwashers. Rather than running a half-full dishwasher, wait until you can completely fill it. You could halve its energy use this way.



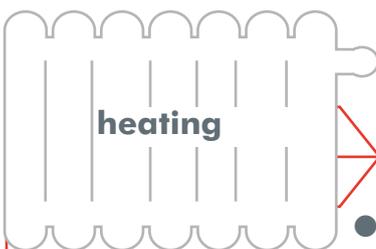
**appliances continued...**

- When a PC monitor displays a screensaver it does this to stop the screen from burning out, but it and the PC still use the same amount of electricity. Turning off at the plug helps save the screen, energy and expense.

- Fancy a cuppa? Only boil what's needed. Boiling two litres for one cup uses ten times more electricity.

- Most mobile phones are charged within two hours. When left for longer, energy is lost through heat. Turn your charger off once your phone is charged. Better still, use a solar or wind-up charger and the sun's energy or your own.

- Cut your tumble drier use by drying clothes outside. Just one less tumble drier load a week will reduce your CO2 emissions by 91kg a year, as well as saving you money.



- Prevent heat escaping through pipes that carry hot water from the boiler to the radiators by insulating the pipes with a foam cover.

- Clear obstacles from in front of radiators so heat can fill the room.

- Put aluminium foil behind radiators that are attached to external walls so heat is reflected heat back into the room instead of it escaping outside.

- Well-maintained radiators will function more efficiently and save energy, so regularly bleed radiators to release trapped air.

- Fitting draught excluders round doors and windows will prevent drafts from entering and keep rooms warmer. Closing curtains at dusk will also stop heat escaping through windows.

- Turning your thermostat down by just two degrees will cut 10% off your heating bill.

- Insulate your loft to at least 10.5 inches. The amount of energy lost each year through the loft is enough to heat three homes.