

Electric Oven

- The oven is expensive to use - try to use it as sparingly and efficiently as possible.
- Open the oven door to check cooking sparingly - every time you do so you lose 20% of the accumulated heat.

Toasters and Kettles

- The toaster is more energy efficient than the grill for toasting bread.
- When making tea or coffee, boil only the amount of water required.

Washing Machine

- The washing cycle selected on a washing machine should have the lowest water temperature required for the items being washed. A full load of washing is more energy efficient than two half loads. Use a cold rinse for your clothes.

Cooking

- Put lids on pots and turn down the heat when the water starts to boil. The lids not only keep heat in the pot but also reduce condensation in the kitchen.
- Lots of energy saving cooking devices are under used: like slow casseroles, insulated deep fat fryers, microwave ovens and pressure cookers.

Electric Blankets

- Switch on electric blankets no more than half an hour before you go to bed and switch off just before you get into bed.

Dishwashers

- Stop the dishwasher before the drying cycle and open the door to let the dishes air dry and always use the economy button where possible.