
GREEN TIPS
SAVE MONEY,
SAVE THE ENVIRONMENT

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Energy

Grainger would like to work with our residents to help make the world a better place for future generations.

This information pack contains a number of suggestions that could both save you money and collectively make a very positive impact on the planet. Please share these tips with friends and family because together we can make a difference.

Did You Know?

- Turning the thermostat on your central heating system down by 1°C could cut your heating bills by up to 10%.
- Washing clothes at 30°C instead of 40°C uses around 40% less energy.
- Unplugging your PC overnight could save you as much as £35 per year.
- One energy saving light bulb can save you up to £9 per year – that adds up to more than £100 over the course of the bulb's lifetime.
- By boiling only as much water as you need, you could save enough energy in a week to run a TV for 26 hours.
- The average household could save up to £300 a year on energy bills and two tonnes of carbon dioxide by being more energy efficient.
- Change your electricity to a green supplier such as Good Energy and get 100% of your electric from renewable sources;
- www.good-energy.co.uk or Tel: 0845 456 1640.
- By 2020, around 50 million new gas and electricity smart meters will be installed in homes across the UK by energy suppliers. The nationwide rollout is a key Government policy with the scheme delivering significant benefits to consumers.
To find out more visit: www.smart-meter.org.uk

Energy

Saving tips

- Close your curtains at dusk to stop heat escaping through the windows.
- Make sure your hot water cylinder thermostat is not set higher than 60°C/140°F.
- Turn off the lights when you leave a room.
- Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily.
- Dry washing on a clothes line outside whenever possible.
- Put the lid on a pan to reduce the amount of time and energy it takes to boil.
- Walk, cycle or take public transport wherever possible.
- Share car journeys where possible;
www.nationalcarshare.co.uk or www.freewheelers.co.uk or join a car club www.carclubs.org.uk.

Water

Did you know?

- Simply turning the tap off whilst you clean your teeth could save as much as nine litres of water a minute.
- Don't overfill the kettle when making a cup of tea. Only fill and boil what you need.
- On 1st April 2013 water companies in the UK hiked bills by an average 3.5%, in one region up to 5.5%.
- Taking a shower rather than a bath could save you up to 400 litres of water a week.
- Fix dripping taps – a dripping tap can waste 90 litres of water a week.

Saving tips

- Don't let the cold water that comes through before a tap runs hot go down the drain – use it for watering plants or put it into a water butt in the garden.
- Keep a jug of water in the fridge to prevent wasting water every time you wait for the tap to run cold.
- Only use the washing machine and dishwasher when you have a full load.
- Consider buying a water butt to collect rain water for the garden – using rain water not only saves mains water but also the energy used to treat it.
- Putting a water-saving device, or simply a plastic coke bottle full of water, in your toilet cistern could save three litres of water every time you flush.

Waste

Did You Know?

- On average, every person in the UK throws away their own body weight in rubbish every seven weeks.
- The energy saved from recycling one glass bottle will power a colour TV for 15 minutes or a computer for 20 minutes.
- 100,000 tonnes of plastic bags are thrown away in the UK every year – that is the weight of 70,000 cars. Carrier bags dumped in landfill take 100 years to decompose.
- If you recycle your paper, in just seven days it could come back as your newspaper.
- 50% of food purchased in the UK goes to waste.
- The UK produces enough waste every two hours to fill the Albert Hall.
- The UK produces more than 434 million tonnes of waste every year.
- Glass bottles can be recycled into house insulation. Plastic bottles can be recycled into fleece jackets.

Waste

Saving tips

- Reduce, reuse, recycle.
- Register with the Mailing Preference Scheme to avoid receiving junk mail; www.mpsonline.org.uk or Tel: 0845 703 4599.
- Use shredded waste paper as a substitute for animal bedding or cat litter.
- Donate unwanted items to charity shops or give them away through www.freecycle.org.
- Compost kitchen and garden waste.
- Recycle as much household waste as possible – contact your local council to find out about recycling facilities and services in your area.
- Choose to reuse – take shopping bags with you and if you cannot avoid an occasional plastic bag then reuse it.
- Write a shopping list to help you only buy what you need to avoid throwing away excess food, paint etc.