

Charis



# Matt's Hacks

Helping you save  
on your energy bills

## Bathroom hacks

- Have a shower not a bath, and aim for 90 second showers
- Using a toilet brick can help you save water



## Kitchen hacks

- Boil a kettle rather than heating water on the stove
- Only boil as much water as you need, e.g. to make a cup of tea
- Keep your fridge and freezer full, clean the dust element, and regularly defrost iceboxes and freezers
- Use a microwave instead of an oven
- Wash up in a bowl, not under running water, and don't pre-wash pots going in a dishwasher

## Laundry hacks

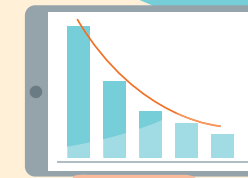
- Wash full loads, using a colour catcher to mix colours
- Wash laundry at 30 degrees
- Dry naturally where you can, e.g. on a washing line or use an airer in a warm room
- Check the weather – where possible do laundry on warm days

## Heating hacks

- Set different temperatures in different rooms - keep bedrooms cooler and living spaces warmer
- Draw curtains and block draughts
- Keep radiators free from furniture

## Supplier hacks

- Check you are on the best tariff with your current supplier
- If you shop around make sure you think about any discounts you may lose or any debt that might need to be repaid, or any exit fees you might incur
- Ask for a Smart meter to track what you are spending and help you budget
- Ask for advice about how your supplier can make your home more energy efficient



## Helpful organisations

Citizens Advice →

Energy Saving Trust →

Fuel Bank Foundation →

**For more info, please visit:**

**Citizens Advice**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Energy Saving Trust**

[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

**Fuel Bank Foundation**

[www.fuelbankfoundation.org](http://www.fuelbankfoundation.org)



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