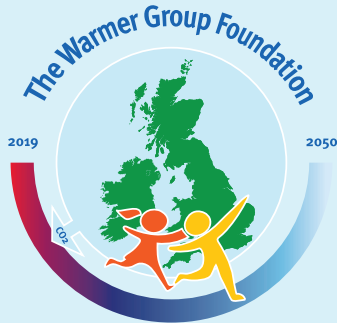


70 Ways to Improve Energy Efficiency

Creating a better future together





Tick off the tips you manage to do throughout the book



Don't leave anything on standby such as monitors and interactive whiteboards



Recycle anything that can be recycled



Turn lights off in the classroom



Read a book instead of watching TV



Put any fruit or vegetable peelings in a compost bin



Walk/ride bike to school when and where possible



Do not leave any plugs switched on if they are not in use



Wear an extra layer
in winter months
rather than putting
the heating on



Have a shower
instead of a bath, it
will use less water



Encourage class
mates to recycle



Use a steamer, or a tower of steamer pans.
You will cook three to four more vegetables
using the same heat and water



Don't use the tumble
dryer when possible
hang clothes out on
the line



Don't leave the
refrigerator door open





Try to reduce the amount of plastic in lunch boxes. Use tin foil instead of cling film as tin foil can be recycled



Remind parents to use the cold-water wash option on the washing machine instead of the hot water wash



Look for an energy star when parents purchase new appliances



Insulate your cavity walls. If your walls are not insulated, about a third of your heat is lost through them. Across the UK, that adds up to about

£860 million

worth of wasted heat!



☐ Heavy or lined curtains will help to reduce heat loss. Exterior doors are a major source of draughts

☐ Fit a water saver in the toilet system. Available in most DIY stores

☐ Choose light colours to paint walls or woodwork in the home. Dark colours absorb light and need brighter lighting using much more energy. Buy eco-friendly or lead-free paint

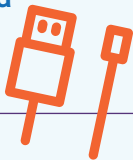


☐ Set up a clothes, toys and games co-op/ exchange for kids





Don't leave phone chargers plugged in when they aren't in use – they continue to use 75% of the energy they were using when your phone was plugged in and charging



Eat less meat. Methane gas is another major contributor to global warming



Use a microwave – its more efficient than a regular cooker



Use glass containers for storage, not plastic



Install a water butt or two (even better, three)



Ask your teacher if LED lights can be installed in your classroom



Recycle electrical equipment and batteries





If you use a computer printer – use recycled printer paper



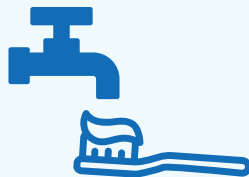
Take frozen food out of the freezer the night before. Avoid defrosting with microwaves – defrost food naturally in the air



Make sure you fill the dishwasher. A half load uses 75% of the energy required for a full load. Use the half load or economy programme on your washing machine, tumble dryer and dishwasher



Do not leave the tap running when cleaning teeth before school





Adjust a thermostat in winter and summer months to ensure the heating isn't used unnecessarily



Cut down hot water consumption



Keep classroom temperatures consistent



Do not leave the kitchen tap running when washing up, fill the washing up bowl with enough water



Have quicker showers!



Get a bus instead of getting parents to drive. Just think, 30 people on a bus that would be 30 less cars



☐ Turn the tap off whilst you are brushing your teeth

☐ Buy chocolates, coffee and other products with the Fair Trade mark

☐ Do not use plastic straws



☐ Do not leave anything on standby this includes, play station, TV, computer. Make sure all appliances and anything electrical in the house is turned off at the plug.

☐ If your phone is fully charged take it out of the charger and turn the plug switch off





If it is a sunny day,
open the windows
in your home
instead of using
an electric fan to
cool you down



If the heating is on
make sure all windows
are closed to keep
your house warm



Keep doors closed
so that heat does
not escape from the
room (winter)



Reuse water bottles
instead of using a
new one every time



Make sure you look on the
packet of food/drink products
and recycle what you can!





Setting the TV to a lower contrast and brightness is said to save 15% energy



Print in black ink, on both sides of the paper. You can also recycle your used ink cartridges



Ask parents if they have energy saving light bulbs/LED lighting in the property



Drink tap water instead of buying plastic bottles



Grow your own food!



Turn all lights off if not in the room. Remember outside lights too!





Use a laptop. They use 30% less energy than a desktop computer



Ask your teacher if you can have more lessons outside! (summer)



At any given chance try and dry your washing outside instead of using a tumble dryer!



Walk, skate, cycle, scooter to school!



Make sure no taps are left dripping



Turn down the thermostat at home





Do not leave play stations or computer games on standby



Do not dry washing on radiators



Keep all doors closed. This will help contain the heat in the room

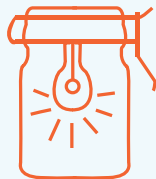


Buy organic fruit and veg boxes, full of local produce or local organic meat to eliminate packaging and trucking charges





Experiment with solar powered lamps in the garden or try others like the Sun Jar. This is a free energy portable jar-lamp that charges during the day and lights up at night



Wash your car using a bucket and sponge instead of a jet wash



Install a device that will allow you to automatically switch off standby items such as your TV



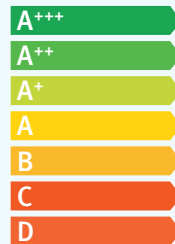
Don't charge your phone all night



Try to make your weekly shop a one-stop, one-trip event

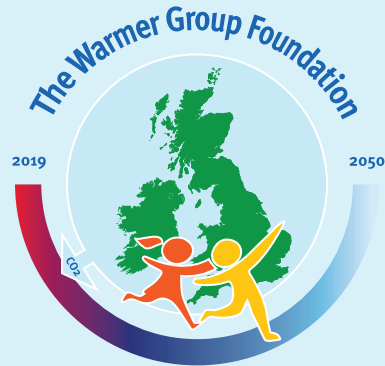


Choose electrical appliances with care. Learn about energy efficiency ratings A, B, C etc. Look for white good appliances that are A++, A+A, and AAA energy rated as the best available for energy efficiency. Only use your electrical appliances when you really need to and not automatically every day of the week



**How many
energy saving tasks
have you been able
to tick off? ☒**

For more energy saving tips visit
thewarmergroupfoundation.co.uk



THE WARMER GROUP
Warmer People. Warmer Future



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For further information call 0800 716 846 or email contact@thewarmergroupfoundation.co.uk