

Energy saving checklist

1. Free energy saving tips you can do today

- ☐ 1. Turn your thermostat down by one degree (Free).
- ☐ 2. Switch appliances off standby (Free).
- ☐ 3. Keep showers to four minutes (Free).
- ☐ 4. Turn lights off when you leave a room (Free).
- ☐ 5. Only boil the water you need (Free).
- ☐ 6. Close your curtains at dusk (Free).
- ☐ 7. Open curtains on sunny days (Free).
- ☐ 8. Shut doors between rooms (Free).
- ☐ 9. Move furniture away from radiators (Free).
- ☐ 10. Swap one bath a week for a shower (Free).
- ☐ 11. Wear an extra layer (Free).
- ☐ 12. Read your meter (Free).
- ☐ 13. Check you're on the right payment method (Free).
- ☐ 14. Ask for a free smart meter (Free).
- ☐ 15. Check whether a fixed deal is cheaper (Free).
- ☐ 16. Join the Priority Services Register if you qualify (Free).

My first three actions:

Use with the full guide at moneysavvyuk.com/ways-to-save-energy-at-home-uk/

Do not block ventilation. Follow appliance manuals and installer advice. Keep warm safely.

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2. Low-cost energy saving fixes

- ☐ 17. Fit draught excluders on doors.
- ☐ 18. Seal gaps around windows and doors.
- ☐ 19. Block an unused chimney.
- ☐ 20. Cover the letterbox and keyhole.
- ☐ 21. Fit radiator reflector panels.
- ☐ 22. Fit a tap aerator.
- ☐ 23. Swap old bulbs for LEDs.
- ☐ 24. Insulate hot water pipes.
- ☐ 25. Use a shower timer.
- ☐ 26. Put a rug down on bare floors.
- ☐ 27. Fill gaps between floorboards.
- ☐ 28. Try a smart plug or timer plug.

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3. Heating tips: keep warm for less

- ☐ 29. Set your heating timer around your day (Free).
- ☐ 30. Only heat the rooms you use (Free).
- ☐ 31. Use your radiator valves properly (Free).
- ☐ 32. Turn down your boiler's flow temperature (Free).
- ☐ 33. Bleed your radiators (Free).
- ☐ 34. Don't dry washing on radiators (Free).
- ☐ 35. Keep heat in with thermal curtains.
- ☐ 36. Heat yourself, not the whole house.
- ☐ 37. Be careful with plug-in heaters.
- ☐ 38. Get your boiler serviced.
- ☐ 39. Fit a room thermostat, programmer and TRVs.
- ☐ 40. Think about a smart thermostat.
- ☐ 41. Find your draughts (Free).
- ☐ 42. Insulate your loft hatch.
- ☐ 43. Keep the heating on low rather than off in very cold spells if damp is an issue (Free).
- ☐ 44. Use the sun and the oven heat (Free).

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4. Hot water tips

- ☐ 45. Top up your hot water cylinder jacket.
- ☐ 46. Don't heat water all day (Free).
- ☐ 47. Keep your cylinder hot enough to be safe (Free).
- ☐ 48. Turn off the immersion heater (Free).
- ☐ 49. Fix dripping hot taps.
- ☐ 50. Look at an eco shower head.
- ☐ 51. Wash up in a bowl, not under a running tap (Free).
- ☐ 52. Use cold water for small jobs (Free).
- ☐ 53. Check for a water meter (Free).

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5. Kitchen energy saving tips

- ☐ 54. Put lids on pans (Free).
- ☐ 55. Match the pan to the ring (Free).
- ☐ 56. Use the microwave more (Free).
- ☐ 57. Try a slow cooker.
- ☐ 58. Use an air fryer for small meals.
- ☐ 59. Batch cook (Free).
- ☐ 60. Fill the oven when you use it (Free).
- ☐ 61. Don't keep opening the oven door (Free).
- ☐ 62. Run the dishwasher only when it's full (Free).
- ☐ 63. Air-dry your dishes (Free).
- ☐ 64. Check your fridge and freezer seals (Free).
- ☐ 65. Keep the freezer full (Free).
- ☐ 66. Defrost the freezer (Free).
- ☐ 67. Let food cool before it goes in the fridge (Free).

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6. Laundry energy saving tips

- ☐ 68. Wash at 30°C (Free).
- ☐ 69. Only run full loads (Free).
- ☐ 70. Use the eco programme (Free).
- ☐ 71. Hang washing out instead of tumble drying (Free).
- ☐ 72. Dry indoors safely.
- ☐ 73. Spin clothes well first (Free).
- ☐ 74. Clean the tumble dryer filter (Free).
- ☐ 75. Wear things more than once (Free).

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7. Electronics and lighting tips

- ☐ 76. Use extension leads with switches.
- ☐ 77. Unplug chargers when you're done (Free).
- ☐ 78. Turn down screen brightness (Free).
- ☐ 79. Switch off games consoles properly (Free).
- ☐ 80. Use a laptop rather than a desktop where you can (Free).
- ☐ 81. Use an energy monitor or your smart meter display.
- ☐ 82. Find your "vampire" appliances (Free).
- ☐ 83. Choose efficient appliances when you replace them.
- ☐ 84. Use daylight and task lamps (Free).
- ☐ 85. Get older kids involved (Free).

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8. Bigger home upgrades

- ☐ 86. Insulate your loft.
- ☐ 87. Fill your wall cavities.
- ☐ 88. Consider solid wall insulation.
- ☐ 89. Upgrade single glazing.
- ☐ 90. Try secondary glazing.
- ☐ 91. Insulate under the floor.
- ☐ 92. Look at a heat pump.
- ☐ 93. Think about solar panels.
- ☐ 94. Replace an old boiler with a more efficient one.

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9. Energy saving tips for renters

- ☐ 95. Focus on the tips you can do without permission (Free).
- ☐ 96. Use removable draught-proofing.
- ☐ 97. Ask before you stick things on walls.
- ☐ 98. Check your home's EPC (Free).
- ☐ 99. Ask your landlord about grants (Free).
- ☐ 100. Report damp, mould and broken heating promptly (Free).

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