

Have you got a 'green' tip to share?

Send it in for the Eco Page.

WHAT HAS WATER GOT TO DO WITH ENERGY?

The short answer is... plenty! About 70% of global freshwater is used in agriculture - this provides us with our food energy. Hydropower provides some 20% of global electricity. On average each person in the UK uses 150 litres of water a day. According to Waterwise, this rises to 3400 litres a day when you add the water used to produce the goods we import. Moving this lot around takes energy. We're lucky - we get rain in the UK, but as summer hosepipe bans imply, we should not take water for granted. There are many easy ways to use less:



- Keep showers short especially if you have a power shower
- Reuse water - bath water is fine for watering plants
- Have a water meter fitted - on average metered homes use 15% less water
- Modify your toilet to give you a reduced flush
- Fix dripping taps

Also note that 30% of the average UK gas bill goes on heating water, so insulating your hot water tank and using less hot water will save you money.

WWW.COCONYOURHOME.CO.UK/SAVING.

OTHER ENERGY SAVING TIPS

- Set your heating to go off 30 minutes before you leave the house, and come on again 30 minutes before you expect to return and make sure your radiators are not obstructed by curtains or furniture.
- Draw your curtains at dusk to help keep the heat generated inside your rooms.
- Insulate your loft space and consider cavity wall insulation. Letter boxes and key holes can let in draughts. Fit a nylon brush seal or a spring flap and put a cover over a key hole to keep the heat in.
- Use energy efficient light bulbs which use less energy and last up to ten times longer than standard bulbs.
- Turn off household appliances such as microwaves, TVs, videos, music systems, and computers when not in use.
- Don't leave the fridge door open and try to avoid putting hot or warm food straight into the fridge as this increases the energy required to keep the contents cold.
- Defrost your fridge frequently and check the door seals. Avoid putting your fridge next to heat generating appliances such as an oven or boiler. If possible, keep the freezer in a cool room or garage.
- In summer, dry your clothes outside rather than using a tumble dryer.
- When drying your clothes indoors, use a clothes rail instead of a radiator as this stops the heat from reaching the rest of the room.
- Dishwashers use less energy and water than washing up by hand.
- Use a pan which is the same size as the cooker ring to prevent heat loss and use a lid where possible, so the contents heat up faster and require less energy.
- Consider using pressure cookers, steamers and microwaves which use less energy.
- In this hard water area, limescale affects the efficiency of your kettle. Look out for a buildup in your kettle and treat with vinegar or descaling solutions.
- Turn down the thermostat on your hot water tank to 60°C which is a comfortable temperature for most people.



WWW.ENERGYSAVINGADVICE.CO.UK

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