

SustainableDirections

TIPS ON HOW TO SAVE MONEY AND SAVE THE PLANET

LIGHTING

1. Replace traditional light bulbs with energy saving CFL globes which use 75% less energy
2. Energy saving light bulbs can each save \$9 on energy cost each year
3. Turn off lights when not in the room and use sensors for outside lights
4. Replace energy hungry halogen down-lights with energy efficient LED or CFL down-lights



HEATING and COOLING

5. Reducing your thermostat by 1°C in winter and increasing it by 1°C in summer will cut your energy bill by 10%
6. Hang heavy lined curtains down to the floor on windows to reduce heat loss in winter and block sun in summer
7. Install box pelmets on top of curtains to stop heat circulating behind the curtains
8. Seal up all gaps and draughts from doors and windows using easy to install draught excluders
9. Use portable fans to circulate air in summer
10. External window shading is twice as effective as internal cover. Removable cover will allow in winter sun.

APPLIANCES

11. Turn off all appliances at the power point. Standby power generates 10% energy and can cost up to \$200 a year
12. Set your computer to “sleep” mode and again turn off at the power point when not in use for a long period
13. LCD computer screens use less power than traditional screens. Turning the brightness down can save 25%
14. The bigger the TV the more power it uses. LCD screens use less power than Plasmas
15. Buy appliances that have an Energy Label rating of at least 4 stars



KITCHEN

16. Ensure your fridge seals are effective. Old fridge seals are easy and cheap to replace
17. Set your fridge at no less than 3°C to 5°C and set your freezer at no less than -18°C to -15°C
18. Only run the dishwasher when it has a full load and use the “economy” setting as much as possible
19. Using gas for cooking is generally cheaper and less damaging to the environment than electric
20. Fill the kettle with only the water that you intend to use
21. Don't place hot items in the fridge – this makes your fridge work harder and uses energy
22. Install tap aerators to reduce water flow. These are inexpensive and available from most hardware stores
23. Fix leaking taps. A dripping tap can produce enough water in one year to fill a small swimming pool
24. Switch off your second “beer fridge” when not in use. This could save you up to \$150 (3 cartons of beer) a year

BATHROOM & TOILET

25. Save water by ensuring all family members limit their showers to no more than 5 minutes each
26. Don't leave the bathroom tap running while you are brushing your teeth
27. Use cold water as much as possible when washing your hands
28. If your toilet has dual flush – use the half flush as much as possible

LAUNDRY

29. Ensure you set your washing machine to “cold wash”. This will use 30% less energy than “hot wash”
30. Always ensure you wash a full load of clothes to reduce the amount of times the washing machine is used
31. Minimize the use of your electric dryer by drying clothes naturally
32. Ensure hot water pipes are “lagged” to make them more efficient in winter

WASTE

33. Compost your food scraps and re-cycle plastics, bottles and cans
34. Donate unwanted goods to charity opportunity shops to reduce the impact of land fill

