



The Energy Slimming Plan

Most of us know we use more energy in our homes than we need to. How many of us leave the TV on standby, or never get around to topping up the loft insulation? But new research reveals our energy consumption could be spiralling out of control. According to the Energy Saving Trust a new 'energy obesity' epidemic is hitting the UK as our homes guzzle more energy than ever before. Every 'Energy obese' homes could be wasting their owners as much as £250 on their annual energy bills and are responsible for the emission of around two tonnes of CO₂ more than the average house- one of the leading contributors to climate change – every year.

To help combat the problem, the Energy Saving Trust is launching 'Energy Slimming Plan' – a simple guide to help you save 20% of your home's energy consumption. If you need a nudge in the right direction, grants and offers are available to help you save your 20% and shed your home's excess energy weight.

The Energy Slimming Home Diet

Measure	How to burn those excess energy calories ...	Energy Saving per year (%)	Cash Saving per year (£)
Waste Loss Boosters			
Install loft Insulation	Adding inches can sometimes mean adding pounds but laying your loft with 10 inches of insulation can drop £s off the energy scales. Adequate loft insulation can save over a third of your heating costs and reduce your home's heat loss by 32% - lots of thirds here can we remove one of them.	23%	£140 - 170
Install Cavity Wall Insulation	The easiest way to tone-up your home is to fill cavity walls. It's a straight forward, inexpensive and hassle free job that could save you much more than 20%. Best of all, with a grant or offer, it can cost from as little as £135	21%	£100 - £120
Replace an old boiler	When your boiler needs replacing, a high-energy condensing boiler will be a healthier heating option for your home	17%	£80-£90

Buy a fridge freezer with the energy saving recommended logo	Weigh up your options carefully when buying new appliances such as washing machines and fridge freezers. Look for the energy saving recommended logo which only appears on appliances that cost less to run and are responsible for only the minimum amount of CO ₂ emissions. Look for the logo and you could be on your way to saving your 20% in no time	1.7%	£35
Take to your feet	Reduce your carbon footprint by walking or using public transport wherever possible, for example using public transport to get to work one day a week Switch off your car's engine when stuck in traffic jams and share lifts when you can. Don't forget you could drop a dress size by donning your trainers and walking or getting on your bike!	20%* <small>*Reduction in commuting distance</small>	Around £120
Carbon cutters			
Turn your thermostat down	Streamline your home's energy use by turning down the thermostat by one degree.	6%	£30
Insulate a water tank	Reduce your home's 'waste-line' by fitting an insulating jacket to your hot water tank	3%	£15
Install energy-saving lightbulbs	Buying energy saving recommended lightbulbs is one of the easiest ways to slim down your home's energy consumption. Replace at least one bulb in your home with an energy-saving recommended one and you'll be saving your 20% in no time	0.3%	Up to £7
Fill up the washing machine	Slimming down your home's energy intake doesn't have to be a hard slog if you fill your washing machine and reduce the temperature of your wash from 60 degrees to 40 degrees	0.1%	Around £2.50
Turn appliances off standby	Couch potatoes can curb their home's energy consumption by switching TVs and videos off standby. Fight your home's energy flab by turning all appliances off when not in use	1.3%	Around £25



To find out how your home measures up on the energy obesity scales why not try our fun, online quiz?

Did you know?

- If we upgraded all of the UK's cold appliances to energy-saving ones, we could save 4.6 million tonnes of CO₂ each year and £840 million of energy annually
- If everyone in the UK installed loft insulation up to 270mm thickness, the money saved would pay the energy bills of 880,000 families for a year
- Motorists who drive 100 miles a week generate 1,430kg of CO₂ a year, but people travelling the same distance by bus would be responsible for just 268kg
- If every UK household that filled their cavity walls, we'd save nearly £900 million a year – or enough energy to heat nearly 2 million homes for the same period
- Fitting a jacket to your hot water tank can reduce its heat loss by a whopping 75%
- 85% of the electricity used by your VCR is consumed while it is not actually on.

Please bear in mind that the percentage savings listed are provided for illustrative purposes only and are generally cumulative. However, with the illustrations given it would be inaccurate to add savings for insulation measures and boiler measures together as the savings for boiler replacement assume stock average insulation levels and therefore would be slightly lower in a fully insulated dwellings