

# **SQUASHED** bills

## **Ten tips to save money on your utility bills**

To help you save money and reduce your utility bills there is a range of simply smart things that you can do around your home to help squash your utility bills.

Below are just ten tips to help you squash your utility bills.

### **1) Switch off the lights in an empty room**

Quite simply you could reduce your bills by switching off the lights in an empty room. This is a small and easy thing to do but how often does the light get left on for no reason.

Invest in energy saving bulbs; quite simply they use up to 80% less electricity than a normal standard bulb. They last longer than normal bulbs, there was at one point an issue with energy saving bulbs not being as bright as a normal bulb but that is not the case now.

### **2) Don't leave your electrical items on standby**

There is always the temptation to leave the standby switch on the television on, to save money it is advisable to switch the unit off at the wall, you will be quite surprised the difference it will make to switch off at the wall as it does use a fair amount of energy having electrical items on standby. Also please remember that the computer the printer and monitor does not need to be left on, it has been estimated that you could save up to £40 a year by switching off these units at the wall.

### **3) Unplug your chargers when fully charged**

Every household in the United Kingdom has at least one electrical item that needs charging. Again by unplugging the charger from the plug socket is another simple way to save money.

### **4) Insulate your house - fill those holes**

If you can afford to have your house insulated then that is a great way of saving money on your utility bills, quite often there are grants which become available which could benefit most households in the United Kingdom. If Insulation is not an option then small things like draught extractors could be fixed to doors and windows.

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## **5) Turn the temperature off your heating down**

By turning down the temperature of your heating down in your house by just 1 degree could reduce your heating bills by 10%. If you have a programmable heater control set it to come on when you are in the house rather than having the heating on all the time in an empty house.

## **6) Choose energy efficient appliances**

The cooker, the fridge, the washing machine and all other essential items in the household count for up to 50% of our utility bills. Most appliance stores will have advice on energy efficiency; to be the most environmentally friendly with your purchases the items with an "A" grade on are the most ethical when you are making a purchase.

## **7) Wash your clothes more economically**

Reduce the temperature of your washing machine; a temperature drop of 20% can help reduce the bills by about a third over the period of 12 months. Try and make sure that your washing machine is as full as possible before switching on the machine, if you are unable to do this set the washing machine to an economy cycle.

## **8) Avoid just turning the heating - wear more clothes to keep warm**

When the temperature drops outside it can be quite tempting to press the switch on your heating before looking at putting an extra item of clothing on to keep warm. This simple action is easy to follow and again anything saved is a benefit for your budgets. The elderly are most vulnerable in the cold weather so it is advisable that they are taking advantage of any benefits available.

## **9) Shop and around and be simply smart with your Utility bills choices**

You may have had the same utility provider for a lot of years; the fear of change is a big thing when you are looking to get a better option for your budget. There is a wide range of tariffs available on the market. The process of changing your supplier has become more straight forward and you have the chance to change your mind on most tariffs if you are not convinced have a look at our [Squashed Utilities](#) section.

## **10) Have a shower instead of a bath**

The use of our bathroom does use a lot of energy and the choice of having a bath instead of a shower can be quite tempting. The amount of energy needed to fill a bath for an adult is far more than having a shower.