

# SAVE ENERGY AND KEEP WARM THIS WINTER

Winter is a time where we all like to be warm at home – and the good news is that it's possible to use less energy, keep your bills down and still stay comfortable in your home this winter.

> In Victoria, households produce 30 percent of our greenhouse gas emissions. To reduce our impact on climate change it is important we all make an effort to cut down on the amount of energy we use at home.

Here are some simple everyday actions you can easily do around the house to reduce the amount of greenhouse gas you produce while still keeping your family warm during the chilly months.

Most of these actions don't cost anything. The ones that do require some investment will soon pay for themselves and start saving you money through lower energy bills.

## 1 Don't overheat your house

- Keep your thermostat set to 20°C in winter,
  - Install a timer or program your heater's thermostat so it will turn off when not needed,
  - Consider wearing warmer clothes or putting an extra blanket on your bed before turning the heater up.
- > **DID YOU KNOW – that if you turn your heater's thermostat down just 2°C you could save up to 17,800 balloons of greenhouse gas and \$150 off your heating bill every year.**

## 2 Help your home hold its heat

- > Energy saving at home can be as easy as closing a door! Don't heat areas in your home which you don't regularly use. There is little point wasting energy and money heating storage areas or spare bedrooms.
- Close off rooms that don't need heating and save up to 7,100 balloons and \$60 a year,
  - Seal draughts and gaps around external doors and windows and save up to 4,900 balloons and \$40 a year,

- Keep curtains and external blinds closed at night and on cloudy days to keep the cold out,
- Open curtains to let the winter sun in when it's shining,
- Consider installing double glazed windows,
- Block off unused fireplaces to prevent heat being sucked out,
- Insulation is an excellent year-round investment because it will keep your house warmer in winter and cooler in summer; reducing the need to spend energy and money on heating and air-conditioning,
- Topping up or installing insulation in your ceiling is the easiest and most cost-effective way to insulate your home - it can save you up to 41,800 balloons and \$350 a year.

> **DID YOU KNOW – Up to 35 percent of your home's heat can escape through doors, windows, walls and ceilings.**

## 3 Use hot water wisely

- > Producing hot water every time you turn on the tap uses lots of energy. Reducing how much hot water your family uses will help shrink your energy bill.
- Wash clothes in cold water and save up to 2,600 balloons a year. Cold water washing detergents are widely available,
  - Fix the dripping hot tap and you'll save both energy and water,
  - Don't rinse dishes under running water. Use a plug in the sink, scrape plates first and use cold water when possible,
  - Invest in a front-loading washing machine when you need to replace your machine – they use less energy and less water than top loading machines,
  - Install a solar hot water heater and you can save up to 18,100 balloons and nearly \$160 a year,
  - Take a 4 minute shower instead of a 7 minute shower and each person in your house can save up to 2,300 balloons and 13,800 litres of water each year,

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- Install a 3 star showerhead and the average household can save up to an additional 5,600 balloons and nearly \$150 a year.

> **DID YOU KNOW – A large portion of your home's hot water usage happens in the bathroom.**

## 4 Not using it? Switch it off at the wall!

- > Appliances such as televisions, microwaves, stereos, mobile phone chargers and computers continue to use electricity whenever they are switched on at the power point, even if you have turned them off with the remote control or have removed your phone from the charger.
- Turn electrical appliances off at the power point every time you finish using them and you can save up to 7,700 balloons and \$50 a year,
  - Only turn on the second fridge when it's needed,
  - Switch off lights in rooms not being used,
  - Replace regular light globes with energy saving ones and save up to 2,800 balloons per globe, per year. Energy saving globes are up to 80 percent more efficient and last up to eight times longer,
  - Turn your hot water system and heating off when you go away for holidays.

> **DID YOU KNOW – Some appliances use nearly as much energy on 'standby' as they do when you are using them.**

For more ways to save energy, money and reduce your impact on climate change, call 1300 363 744 or visit [www.SaveEnergy.vic.gov.au](http://www.SaveEnergy.vic.gov.au)

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