

A Guide to Running Costs

Freezer's

Old	2 to 3 units per day
New	1 unit or less per day
American style	2 to 5 units per day

Fridge's

Old	1 to 2 units per day
New	1 unit or less per day

Washing Machine	1 unit on 40 to 50temp wash
Dishwasher	2 to 4 Units per full wash load
Ironing	1 unit per hour approx
Tumble Dryer	2 to 3 units per hour
Electric Fire	1 unit each bar for 1 hour
Halogen Fire	1.2 units per hour for 3 bars
100 watt light bulb.	1 unit every 10 hours
Low energy 20w bulb	1 unit every 50 hours
LED 3.5w bulb	1 unit 285 hours
Television	1 unit 4 to 6 hours viewing

1000 watts on for 1 hour = 1 Unit of electricity



ECO Gadgets

Why you can't live without them!



For more information and advice call the
Energy Saving Trust Advice Centre on
0800 512 012



Gas Energy Saver



The widget fits over the hob of your cooker and will save you around about 12% on your gas energy bills used from cooking.

It works by helping to fully burn all unburnt gas resulting in more heat and less wasted gas.



Microwave Oven

Did you know you can cook a jacket potato in the microwave oven in about 10 minutes compared with an hour in the conventional electric oven.



Dryer Balls

Lifts and separates the clothes, so the air circulates more efficiently throughout the dryer reducing drying time by between 15% and 25%. Saving around 10 minutes to 30 minutes on each load of laundry.

Toaster



Did you know you can toast 60 slices of bread in a toaster for 1 unit which is far cheaper than using the electric grill on your cooker.



Energy Monitor

Your energy use is manageable by recording your readings and working out your consumption, but the energy monitor takes this one step further, leaving you with no excuse for wasting energy.

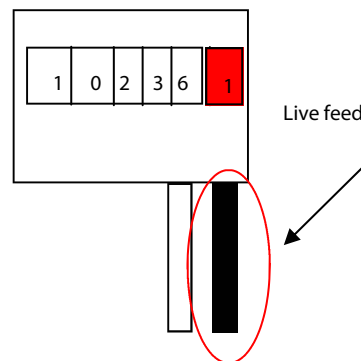
You can

- Identify the biggest users in your house
- Find out your baseline consumption
- Find out where you can save
- change your habits

How much difference can you make?

Daily Consumption	8kWh	10kWh	12kWh	17kWh	20kWh
25kWh					
Yearly cost	£321	£401	£475	£600	£650
£760					

Standard meter



An Eco Kettle

Can save you up to 51kWh a year and uses 30% less energy than a standard kettle.



Bye Bye Standby

Cuts power to appliances plugged into this device at the touch of a button, giving you the convenience of standby mode without the cost and can save you up to £38 a year.



Slow cookers

They only use the same amount of electricity as a light bulb and are perfect for transforming cheaper cuts of meat, into tender and tasty dishes.

If you are on a normal tariff it will be about 12p to cook over a 10 hour period.

If you are on Economy 7 then it will cost less than 5p, If you cook overnight!



Powerdown

The PowerDown is a unique product which automatically switches off devices, such as printers and scanners, linked to your desktop computer. It helps to protect equipment against voltage spikes and power surges.

The PowerDown is only suitable for desktop computers.

Wind up radios

Will save you 5KWh a year
30 seconds winding will give you half an hour listening time and no nasty toxic batteries to dispose of.



Solar Lights

Not only do they save you electricity, but are safer and easier to install as they need no wiring. Solar lights come in many shapes and sizes and will light anything from your shed to your pond!

