



There are a number of electrical appliances around the home that we use to carry out everyday tasks. Noted below are some suggestions on how you can avoid wasting energy, and consequently reduce your energy costs.

The Kitchen

The more you cook at one time the more you will save. This may seem a little odd, but if you use a multi pot and a steamer, you can then cook more than one vegetable on a cooker ring / hob.

You can also cook (say double quantities) and prepare more than one meal at a time, keeping the 2nd meal in the fridge or freezer for later use.

Suggested Savings

- Always use a small ring or low flame for small pans, and keep the lids on the pans. Consider investing in a set of multi pots or just a “steamer”.
- If you overfill kettles or pots you will waste energy heating up the water you don't need.
- “Jug” kettles often have a viewing window and have a scale printed on the side, which details how much water you need in the kettle for one, two or more cups. By not filling more than you need, you will save water and energy.
- Try to use an electric kettle to heat water rather than a pot or on an electric hob.
- Set the oven temperature to what's required - putting the oven on a higher setting does not heat the oven up quicker!
- Microwave Ovens or Micro/ Grill/ Oven combination appliances can be a good investment as they can use up to 90% less electricity (on microwave settings) than a conventional oven.
- Fan assisted ovens can also be a good investment (although they may initially cost more) as they use approximately 20% less electricity than a conventional oven.
- Think about the number of “plugged” appliances that you have in the kitchen - are they all required?

Other Handy Tips

- Switch off appliances when they are not in use (e.g. oven clocks / timers etc),
- Standby! Always switch your television off at the set – don't leave it on standby as it still uses a quarter of the power needed.
- Make sure the water you boil in a kettle always covers the element.
- Never leave your electric heating blanket on longer than needed.
- When you make toast use a toaster rather than the cooker grill.
- You should always begin by ironing lower temperature fabrics.
- Older appliances (Fridges, Fridge Freezers, Washing machines, Dishwashers, Tumble driers) are usually less energy efficient. It may be advantageous therefore to consider replacing the appliance with an A+ or an A+++ appliance.
- To ensure that appliances work efficiently, they should be maintained in accordance with manufacturers servicing intervals.

Remember!

ELECTRIC COOKERS	GAS COOKERS
Rings cost approximately 22p per hour. Main oven costs about 60p per hour. Grill costs approximately 30p per hour.	Rings cost approximately 7p per hour. Main oven costs about 18p per hour. Grill costs approximately 18p per hour.

(Based on costs: @ 15p/kWh.)

Should you have any questions regarding energy efficiency or wish further information, please contact

East Renfrewshire Council Energy Efficiency & Carbon Reduction Unit 0141 577 8529	Home Energy Scotland 0808 828 2282
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