

Lights Out London Top 10 Tips

10 simple ways **you** can make a difference everyday

- 1). a load of scrap:** Make a pile of old letters, print outs and envelopes and write notes on the back of them instead of using new sheets of paper.
- 2). shut it down:** We know it's tempting to just to leave your computer on, but PCs on sleep or standby still use loads of energy.
- 3). tea for one:** We all waste valuable energy just by boiling too much water in the kettle so remember to only boil enough water for yourself.
- 4). D.I.Y insulation:** Try placing some sheets of foil behind your radiators – the reflected heat will keep you nice and toasty without having to crank up the heating.
- 5). put a lid on it:** Cooking with a lid on traps heat and steam within the pot, meaning you can cook on a far lower heat and massively reducing the overall energy required.
- 6). have a light bulb moment:** As well as lasting up to 15 times longer than standard bulbs, energy efficient bulbs save loads of energy, cut your electricity bill and cost as little as £3 each.
- 7). cover up:** Rather than turning the heating on simply wear an extra layer – that's what jumpers are there for!
- 8). stop tap measure:** Next time you're brushing your teeth be sure to turn the tap off. Leaving taps running wastes up to five litres of water a minute.
- 9). go unplugged:** Even when your trusty phone and mp3 player chargers aren't hard at work charging they're using up energy. So unplug them when they're not being put to good use.
- 10). charge up:** Purchase rechargeable batteries instead of disposable ones. Not only is it far cheaper in the long run, but it is also much better for the environment.