

# Green Hints & Tips

When it comes to saving money at home, these are a few points that our partners Melton and District Money Advice Centre (MADMAC) have put together to keep cost down, and maximise pennies to be used in other areas.

- **Buy a slow cooker in the sale along with a favourite chef's recipe book.** The slow cooker is cheaper to run than a conventional oven, the ingredients are cheaper to buy than ready-made options, and if you choose a chef you enjoy, you'll become a better cook yourself and be very happy indeed that you tried this money saving tip.
- **Buy a water filter and a reusable water bottle.** Fill it and take it with you everywhere, every day. This will save you a fortune on drinks you may have otherwise bought out and about your convenience and will taste as good as any leading brand of water.
- **This one's a very simple one but try to keep an eye on your weather app.** And when the Sun is shining put on your washing machine and hang your washing on the line. It'll save you a fortune in tumble drying costs. To go until further with this one you could buy an old-fashioned Sarah and hang it above your stairs. Not only is this out of sight and out of the way it will be drying your washing in one of the warmest part of the house.
- **In terms of heating your house and yourself, there a number of layers that you can choose.** Firstly, heat yourself by putting on extra T-shirts, shirts, jumpers et cetera. second try Heating the room that you're in with candles. And if you must put on the heating, look at deals on oil fired radiators, which are by far the most economical heater to run. Again, try to keep all your activities to one room that you are using, that way you are not shelling out on heating the whole house when you're not using it.
- **This one is controversial but if you can, ditch the car.** Either ditch it for a day or two walk to work get some exercise and feel good. Or, try and get rid of it all together and make a complete lifestyle change. it'll be better for you, your pocket, and environment. It's challenging, but if you're really looking to save some big money, The average cost of running a vehicle per year in the UK is around £9,000.
- **Another challenge! Try not buying any new clothes for a year.** If you absolutely must have an item of clothing, let's say for example, it's winter and it's cold, then buy from a charity shop. You may realise you don't need as many things as perhaps you thought you did, it's great for the planet, will save you money, and help you develop your own timeless look.
- **Use reusable nappies!** It's a little more work, and a load of money saved. Again, great for the sea levels!
- **Grow your own produce.** Great for your pocket, the arctic seals, and your mental health!



- **Rearrange your furniture to improve the heat flow of your room.** In some cases, a simple rearranging of your living spaces could help you optimise the flow of heat in your house. If you have any furniture that covers or blocks a radiator, it's likely that the heat from that radiator is being absorbed by that object. Have a scan around your living room, and if anything is blocking the radiator. You can then rearrange it to improve the heat flow.
- **Place specialist foil behind your radiators.** Putting specialist foil behind your radiators is another way to improve the heat flow in your home. The foil will reflect the heat and prevent it from going into the walls. If your home isn't very well insulated, then this could help you prevent further heat loss. It's also an eco-friendlier way of keeping yourself a bit warmer.
- **Turn your appliances off standby.** When we turn off our electrical devices, many stay in standby mode, which uses a small amount of energy the entire time it's left on standby. When you shut your electrics down completely, you could save up to £80 a year on your energy bills according to the Energy Saving Trust.
- **Take a navy shower to up to £80 per year.** Taking a navy shower means limiting yourself to just three minutes of hot water. Reducing your shower time from 10 minutes to three could save you up to £80 a year, so it's certainly worth a try.
- **Install a free smart meter to save up to £36 per year.** Getting a smart meter installed could save you £36.93 per year on gas and electricity, according to the government's Smart Meter Roll-Out Cost-Benefit Analysis. It also helps you to track how much your gas and electric is costing you through the day.
- **Switch to smart bulbs.** Research shows that incandescent bulbs cost around £12.40 to buy and power annually, compared to just £2.05 for an LED smart bulb. Saving £10.35 per bulb, a house with 20 bulbs could save £207 each year opting for energy-efficient lights.
- **Do it together.** Starting new habits can be daunting and it can feel very tempting to give up early on. Find a friend or a couple of friends to start one new thing with, checking in with each other to encourage each other and help each other to make it become a habit. The journey is much more fun when run together.

