

Keep cozy without wasting energy this winter

With the thick of winter just around the corner, we're all going to want to keep warm and cozy without giving up any of those winter comforts. What you might not know is that there are several easy-to-do ways to save energy, that won't cost you a cent:



- Dress for the weather this winter! Try **wearing more layers** as the temperature starts to dip. You'll look great and you'll be warm too.
- Get **cozy under a blanket**. Get a few throws for your living room, grab a **hot water bottle**, pull on some **thick socks** and grab a **cup of hot chocolate** before turning on your heater.
- An **electric blanket** can melt even the iciest night and they are surprisingly energy efficient. You can make yours even more energy efficient by turning it to its highest setting for a few minutes, then turning it off for the night, just before getting into bed.



Expect your heater to step up as an energy consumer in your home over the winter months. It might seem obvious, but the best way to use less energy, while keeping warm, is to make sure that you're using the right type of space heating for the room that you want to heat!

Be smart about heating your home. We recommend that you only **buy heaters** with a **built-in thermostat**, and only heat the rooms that you and your family are going to spend time in.

There are different types of heating solutions for the home. Some examples are: underfloor heating, wall mounted heating, gas heaters, infrared heaters, oil heaters and fan heaters. Ensure that you select the correct heater for your specific need.

Checklist to help you save energy throughout the day

1



Keep your morning shower hot and short. You'll lighten the load on the morning peak.

2



Remember to **only boil as much water** as you need for that morning cuppa.

3



Take food out of the freezer for dinner and put it in the fridge to thaw. It'll save you using the microwave to defrost it later.

4



Cook smart by using lids and ensure that the pot or pan you're using **completely covers the stove plate**.

5



Unplug that cell phone charger before you leave the house! It **draws electricity** even if your phone isn't plugged in.

6



Cook in the microwave whenever you can, it is the **most efficient cooking appliance**.

7



Only **turn the heat on** in the rooms that you're going to spend time in, and rely on the timer function to turn heaters off automatically.

8



Don't forget to turn your **geyser on** before you go to bed and **off** before you leave for work in the morning.