



Smart energy-saving tips for your home.

We understand the importance of managing energy costs while maintaining comfort and efficiency in your home. As energy prices fluctuate, taking steps to reduce your consumption not only saves money but also contributes to a more sustainable future.

10 practical tips to help you lower your energy bills and make your home more energy-efficient:



1. Choose energy-efficient appliances: Opt for appliances with high energy efficiency ratings. Consider their size, power usage, and water efficiency to maximise savings.



2. Turn off appliances at the wall: Many appliances consume energy in standby mode. Switch them off at the wall to save power, except for essential devices.



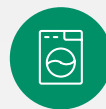
3. Optimise fridge and freezer use: Select the right size for your needs, position away from heat sources, and set temperatures efficiently (-15°C to -18°C for freezers, 3°C to 4°C for fridges).



4. Run your dishwasher efficiently: When using your dishwasher, wait until you have a full load to maximise efficiency and save energy and water. Opt for the lowest temperature or shortest cycle available to further reduce energy consumption and utility costs.



5. Optimise your cooking practices: Match pot sizes to burner sizes, use lids to retain heat, and consider using microwaves or slow cookers which are more energy-efficient than ovens.



6. Choose environmentally friendly washing machines: Front-loaders are generally more energy-efficient. Use cold water settings whenever possible to reduce energy consumption and consider full loads to minimise cycles.



7. Air dry clothes: Whenever possible, use a clothesline or indoor rack instead of a dryer to save energy and reduce costs.



8. Keep your home well-sealed and properly insulated: Seal air leaks around windows, doors, and other openings to prevent conditioned air from escaping and outside air from entering.



9. Utilise natural ventilation: Open windows and use ceiling fans during mild weather instead of air conditioning, providing fresh air and saving energy.



10. Upgrade to LED Lighting: Replace incandescent bulbs with energy-efficient LED bulbs. LEDs use less energy and last longer, saving on lighting costs.

Track your energy use:

Monitoring your progress towards reducing energy use can be both engaging and rewarding. Utilise these tools to observe the impact of your efforts:

- 1 My Account:**
Monitor your energy use and manage your bills conveniently in My SUPA account. Register and log in at: supaenergy.utilmate.com
- 2 Track your energy budget with Notify me:**
Track and manage your household energy consumption effectively by setting up a monthly budget in [Notify me](#). Log into [My Account](#) and set a monthly budget that works for you.
- 3 Your bill:**
Review your energy usage details on each bill, including average daily usage and comparisons to previous periods, to gauge your progress towards efficiency.

By implementing these [smart energy-saving tips](#), you're not only reducing your energy bills but also contributing to a more sustainable future.

Small changes in how you use energy can make a significant difference over time. Start today and enjoy the benefits of a more energy-efficient home!