

Your action plan

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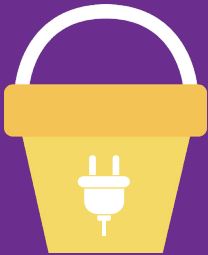
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Your energy coach's name and contact details:

Call your power company if your situation changes or if you're having trouble paying our bill.

Energy saving tips



Use appliances and lights efficiently

- Switch off your appliances at the wall.
- Turn off the lights in rooms and areas no one is using.
- Use a microwave to heat food instead of the oven.
- Only boil as much water as you need in the kettle.
- Have a second fridge? Turn it off if you don't really need it.



Save on hot water

- Try to have shorter showers (around five minutes long).
- Wash your clothes with cold water if possible.
- Fix dripping taps (ask your landlord if needed).
- If washing dishes in the sink, fill it instead of running the tap.
- Turn the tap off while brushing your teeth or shaving.



Keep your home warm

- Set your heaters to 18-22°C to keep warm and healthy.
- Use your heat pump if you've got one.
- Only heat rooms and areas you're using.
- Block gaps around doors and windows with draught stoppers.
- Close your curtains when the sun sets.

Your power company is here to help, especially in tough times. Talk to them if you're having trouble paying your bill.