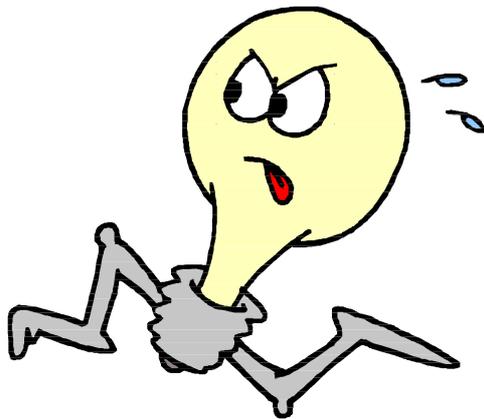


You really can help !!

8 great ways to save energy

1 When you boil a kettle, only fill it with the amount of water you need. You'll get your cup of tea or hot chocolate much quicker, AND if everybody in the UK did this for just one day, the electricity saved would be enough to light every street lamp in the country the following night.

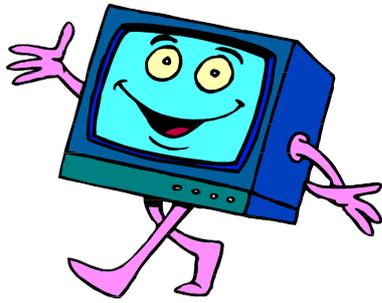


2 What kind of light bulbs do you use in your house? One unit of electricity might last for 10 hours or for 40 hours, just depending on the type of light bulb! Change to compact fluorescent light bulbs and they will use 70% less electricity than normal bulbs, and last 10 times as long as well.

If every home in the UK swapped to energy-efficient bulbs it would save enough energy to light 2,000,000 homes for a year!

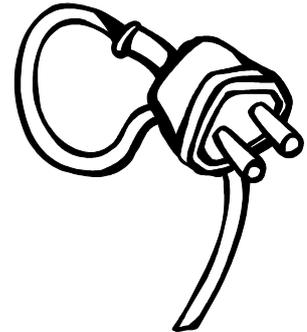
3 Make sure you don't leave your hot tap dripping. Its not just water you're letting down the plug hole, it's a lot of energy as well!





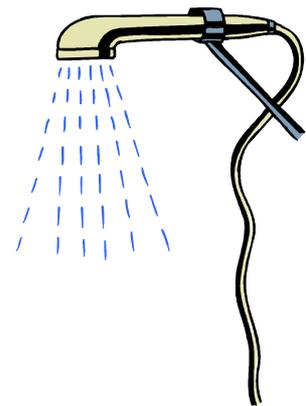
4 When you're not watching, don't leave your TV on standby, but switch it off. TVs in the UK use £50,000,000's worth of electricity per year, just while they're on standby.

5 How many batteries are there in your house? It takes 50 times more energy to make a battery than the energy the same battery provides. So whenever you have the choice, plug your machine in and run it off the mains.



6 Does your home have central heating? If so, there is probably a thermostat in each room to set the temperature. If the temperature was set even just one degree lower, it would make a big difference over the year to the amount of fuel used, and would save money too. (Ask a parent first though!)

7 Did you know that if you take a shower instead of a bath you use a lot less water and it doesn't need to be so hot. So that's a double saving!



8 Every time a car goes out on the road it uses fossil fuel. We have to get about, but does it have to be in a car? Your own two feet, or a bike, are

using no fuel at all, and the exercise is much better for your health too!



(Thanks to 'The Ecologist' Magazine's book: 'Go M.A.D. - 365 Daily Ways to Save the Planet' for some of these tips.)

