



## Pass it on!

Here are some Big Energy Race tips. You can pass this on to a friend to help them see how they can save energy too.

Tick to show if you do it already, or will start doing it

	I already do this	I'll start doing it
<b>Keep the cold outside:</b> You'll lose more heat from your home when it's dark. Keep the warm air in by closing your curtains or blinds at dusk.		
<b>Lights out:</b> Lights, particularly those with older style or halogen bulbs, waste money if they're left on when they don't need to be. Try not to leave unused rooms lit up.		
<b>Standby saver:</b> Standby power is like a vampire, sucking energy and money from your home, without doing anything useful. Spot it and stop it!		
<b>Save a cuppa:</b> Overfilling the kettle can waste up to £50 a year if you use the kettle very often. Get your cup of tea more quickly by not filling the kettle more than you need. Just make sure that there's enough water left to cover the element when you pour out the water you need for your tea.		
<b>Run it full:</b> Save water and energy by waiting until you've got a full load for your washing machine or dishwasher.		
<b>Time challenge:</b> Try not to heat an empty house. Set your heating to go on 30 mins before you get up and go off 30 mins before you go to bed or leave the house.		
<b>In hot water:</b> Hot water should be hot, but not too hot. Set it to no hotter 60°C or 140°F.		
<b>Short and sweet:</b> Showers can be cheaper than baths, but only if you have short showers ... Try to cut a few minutes off each shower, or even see if you can make the four minute shower challenge.		
<b>Love your clothes:</b> Keep your clothes clean for less by washing them at 30 degrees. You don't need to do every wash at 30 – just choose the ones that work for you.		
<b>Ice blocks:</b> Don't make your fridge struggle. Get into the habit of shutting the door as soon as you've taken something out, rather than leaving it open for minutes when you're putting things in or taking them out.		
<b>TV chat show:</b> It's so easy to turn the TV on and then not really watch it, or just leave it on once your favourite programme has finished. But all the time you're paying for electricity when you don't need to. Don't leave your TV talking to an empty room!		

**Thousands of people are taking part. What actions will you take?**