

## ENERGY SAVING WEEK'S BUY BETTER GUIDE



Whether you want to exercise your consumer power to make a point about energy guzzling gadgets or if you just want to buy a product that will cost you less to run. Check out our buy better guide this Energy Saving Week and save yourself energy and money.

### Looking for the logo

Energy Saving Recommended Products that carry our logo have met strict criteria, which are set by an independent panel and reviewed every year. A percentage of them are also tested, so you can rest assured that where there's a logo there's a smarter choice. For an up to date list of recommended products and retailers visit [energysavingtrust.org.uk/compare](http://energysavingtrust.org.uk/compare).

The EU Energy label rates products from A (the most efficient) to G (the least efficient).

### Heating

Boilers account for around 60% of the carbon dioxide emissions in a gas heated home. By replacing an old G rated boiler with a new high efficiency condensing boiler and improving your heating controls, you will significantly cut your home's carbon dioxide emissions and could save as much as £235 a year.

Condensing boilers get their name because they enter what is called "condensing mode" periodically. In other words, they start to extract heat from the exhaust gases that would otherwise escape through the flue, in the process turning water vapour from the gas back into liquid water or condensate.

If your boiler is more than 15 years old then it may well be in a lower energy efficiency band. Below are typical savings which can be achieved by replacing boilers with new A-rated condensing models and installing a full set of heating controls:

Old Boiler Rating	Annual Saving (£/yr)	Annual Saving (kgCO2/yr)
G (< 70%)	£235	1,260
F (70% - 74%)	£150	800
E (74% - 78%)	£110	575
D (78% - 82%)	£70	375

### Lighting

Energy saving light bulbs have always been a bright idea – for your pocket and the environment. They use up to 80% less electricity than a traditional bulb, but produce the same amount of light. In the average home, lighting accounts for around 20% of the electricity bill, and UK households currently spend around £2.3bn each year on electricity to run their lighting. If everyone in the UK switched all their remaining traditional inefficient light bulbs to energy saving light bulbs, the electricity saved would provide electricity for the lighting and appliances of 2.5 million households.

Technology's moved on a lot since energy saving light bulbs were first invented, and so has the way they look. Advances in technology mean that energy saving light bulbs are now available in different shapes and sizes. These range from traditionally shaped bulbs to round and candle shaped varieties, with small or medium screw and bayonet cap types. Nowadays, there are even halogen and dimmable energy saving bulbs on the market. And thanks to the invention of 'soft tone' bulbs, you can enjoy a warm glow rather than a cold light.

Fit all the lights in your house with energy saving bulbs and you could save around £590 over the lifetime of the bulbs.

### Choose Energy Saving Recommended bulbs

When you're shopping for energy saving light bulbs, look for the Energy Saving Recommended logo. It's the quick and easy way to spot the most energy efficient products on the market. If a bulb carries the logo, it means it's met the strict energy efficiency criteria set by the Energy Saving Trust – and has been independently tested by an accredited testing house.

### Washing machines

If everyone in the UK replaced their old washing machine with an Energy Saving Recommended model over £12 million a year could be saved from our energy bills! You can also save energy by washing at lower temperatures; washing clothes at 30 degrees instead of a higher temperature can use around 40 per cent less electricity. Always try and wash a full load, and where you can't, use a half load or economy programme instead.

### Dishwashers

An Energy Saving Recommended dishwasher will use around 20 per cent less energy than a typical older dishwasher, saving you up to £12 a year and 48kg of CO2.

### Fridges and freezers

Energy Saving Recommended fridges and fridge freezers use around 60 per cent less energy, saving you up to £36 a year and 140kg of CO2.

## Televisions

The latest integrated digital televisions (IDTVs) receive digital TV without the need for a set top box. With just one power supply you could save around £6 a year and 25kg of CO<sub>2</sub>.

## Set top boxes

Digital TV set top boxes for the reception of digital TV are inexpensive to buy, but by 2010 they – and other set top boxes – could be costing UK households around £615 million every year in electricity. An Energy Saving Recommended standard set top box (i.e. non recordable) uses 50 per cent less electricity than a typical set top box.

## Intelligent mains controllers

These are socket plug extensions for use with home entertainment systems and computer equipment. The controllers are either designed to be switched off by a remote control or can sense when the main appliance (e.g. computer or TV) is on/off and switches peripheral equipment (e.g. printers or DVD player) on/off accordingly. Switching the equipment off rather than putting them into standby saves energy.

## Digital (DAB) Radios

There are currently an estimated 8.5 million DAB radios in use in the UK. Energy Saving Recommended DAB radios use around 75 per cent less electricity annually than a standard radio. If the next 8.5 million DAB radios bought in the UK were all Energy Saving Recommended we would save enough electricity to run the street lighting of the entire UK for nearly two months. Make sure you always switch your digital radio off at the socket, as it still uses electricity when left on standby.

## Printers

Choosing an Energy Saving Recommended inkjet printer over a non-Energy Saving Recommended one can save you a quarter of the electricity you would normally use running your printer over a year. If everyone buying a new inkjet printer in the UK were to buy an Energy Saving Recommended one, they would save around £700,000 a year on electricity bills, and nearly 3,000 tonnes of CO<sub>2</sub>, equivalent to taking 900 cars off the UK's roads.

