



*Loving God
Loving West Moors*

**Saving
Energy**

**Saving
the
Planet**



• simpletek.com

**A book of simple energy saving tips compiled
by 'YQT'**

the Youth Group of St Mary's Parish Church



*Loving creator God,
Help us to be good stewards of the
riches entrusted to us.
Inspire us through your Holy Spirit
to be watchful and mindful
of what we have received and what
we waste,
that we may use our gifts in the
service of all your people.
In Jesus name we pray
Amen*

Turn off appliances that don't need to be on stand-by.

Turn off the lights when you leave the room!

Take a shower rather than a bath...and reduce your shower time.

Think about whether you need the lights on when you watch TV.

Turn down your heating thermostat by a couple of degrees.

Try reducing your heating time periods by half an hour or so.

Make sure your washing machine or dishwasher is full before you run it, and use the Eco setting.

Replace old light bulbs with LED bulbs.

Microwaves use less electricity than a cooker – can you microwave instead?

Air fryers are thought to use less energy as well!

Only boil the water you actually need in the kettle.

Close your bedroom curtains to keep the heat in.

Is your insulation good? Can you improve it?

Could you turn off the radiators in rooms you don't use?

Keep your freezer well stocked, it makes it more efficient.

Avoid the tumble dryer!

Once your phone is charged – unplug it!

Energy monitors are very helpful in making us be more aware of our energy usage.



**SAVE
POWER
AND
CARRY
ON**