



# WasteLESS Week - Energy Facts & Tips

## Energy Facts

1. Washing at 30°C rather than 40°C can save you a third of the cost to run the cycle.
2. Around 25% of the energy used in catering is expended in the preparation, cooking and serving of food with a significant cause being the excessive use and poor utilisation of cooking apparatus.
3. 29% of the UK's power in 2017 was generated by renewable sources.
4. By replacing all bulbs in your home with LED alternatives, you could save about £35 a year on your electricity bills.
5. Just one wind turbine can generate enough electricity to power 1,400 homes!



## Work Energy Tips

1. Use the Better Tomorrow 2025 [energy reduction toolkit](#) to raise awareness about energy usage and create a plan to improve your sites energy efficiency.
2. Investigate the installation of smart energy meters which provide accurate and real-time data about your energy use, enabling informed decisions to be made about your energy behaviour.
3. Make sure your air conditioning is not fighting your heating. There should be a “dead band” from about 19°C to 24°C where there is no heating or cooling
4. Draughtproof everywhere, especially around fire doors. In the boiler room, make sure all pipework and valves are insulated using jackets with velcro fixings.
5. Speak to the [Energy and Sustainability Services team](#) to see what else can be done on site.

## Home Energy Tips

1. Use a clothesline to dry your clothes. If you do use a tumble dryer, use ecoballs as they spread out your washing so your clothes dry quicker.
2. Use LED light bulbs. They last over 10 years, and have significant savings over the lifetime of the bulb.
3. Every home and business in Great Britain will be offered smart meters for electricity and gas by the end of 2020. Speak to your energy supplier to find out when yours will be fitted so you can monitor your real-time energy use and avoid estimated bills.
4. Save around £30 a year just by remembering to turn your appliances off standby mode. Almost all electrical appliances can be turned off at the plug without upsetting their programming.
5. More than half the money spent on fuel bills goes towards providing heating and hot water. Having a room thermostat, programmer and thermostatic radiator valves installed could save you between £80 and £165 a year.
6. Cavity wall insulation reduces wall heat loss by up to 53% saving approx. £140 per year with loft insulation reducing roof heat loss by up to 94% saving approx. £170 per year.



**wasteLESS**  
WEEK

22 – 26 October

**sodexo**

QUALITY OF LIFE SERVICES

