

# TONY'S TIPS



**"MAKING WASTE MAKE SENSE"**

ISSUE **#1**

## NEVER LEAVE TAPS RUNNING

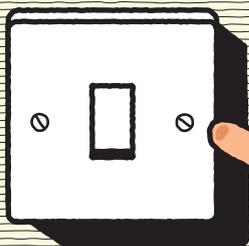
"We all have left the tap running when cleaning our teeth. It is much better to have a small glass to use to rinse your mouth out as this will not only save water but will also save your money running down the sink."



"Have you ever thought about how much water you waste when washing fruit or vegetables? You can fill a bowl up in the sink to wash your fruit and veg, then instead of pouring the water down the sink you can use it to water plants in and around the home and garden."

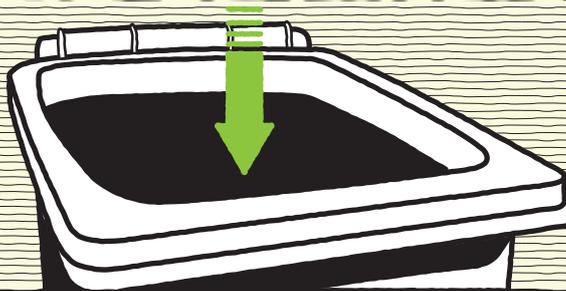
When we pay for our water we pay for it twice. If you check your bills you will see you pay for water into your home, then you pay again for water that is collected as waste water from your home.

## ALWAYS SWITCH OFF LIGHTS WHEN YOU LEAVE A ROOM



"In many homes people leave lights on or leave appliances on standby that don't need to be left on."

## SQUASH YOUR RECYCLING SO IT ALL FITS IN THE BIN



"When I walk around the area I have noticed bins overflowing with recycled waste, this can be avoided by squashing it down. If not, come dustbin day we end up with half of it getting blown down the road, sometimes animals such as foxes will have a sniff around and pull things out. You can squeeze the air out of your plastic bottles and then put the lid back on, this creates space in your bin. Folding and tearing cardboard into small pieces also makes more space."

## USE A SHOWER NOT A BATH TUB



"Again we use a lot less water if we shower and we can save money on our water usage."

## TURN YOU HEATING DOWN ONE DEGREE ON YOUR THERMOSTAT



"If you are using central heating it doesn't have to be on the highest setting to keep your home warm. Turning down one degree will not only save energy, it will also save you money."

Turn over for the facts and figures!

## HOW MUCH YOU COULD SAVE

### LIGHTS:

Research found that an estimated 4.7million of UK households leave at least one light on unnecessarily overnight. 21% of us -- about 14 million -- admit to regularly leaving lights on when going out to work. A survey from home furniture retailer Utility Design showed that the cost of leaving lights on while we're asleep is an incredible £1.32 billion. Switching them off could save £0.77 for every eight hours' sleep, £23.42 a month and **£281.05 A YEAR** per household. And prevent nearly 9 million kg of extra carbon dioxide emissions.

Source:

<https://www.idealhome.co.uk/news/cost-of-leaving-lights-on-208556>

### WATER:

Tap water costs only 0.1p per litre or 0.454p per gallon. For shower systems with standard showerheads, around 2.5 gallons of water per minute will emerge, so a 10-minute shower will use about 25 gallons of water. By contrast, filling a bath can use more than twice that amount, up to 70 gallons of water. So if you shower 5 times a week rather than have a bath, you'll save **£53.11 A YEAR**.

And by the way, if you spend 65p for a litre of bottled water, when you throw away the bottle it has to be collected, transported to an incinerator and burned, polluting the air and creating carbon emissions. Bring your own reusable bottle of tap water, and you will save the pollution, emissions, and get 650 bottles worth for the same price.

Source:

<https://www.bigbathroomshop.co.uk/info/blog/faqs/what-uses-more-water-a-bath-or-a-shower/>

### HEATING:

UK households could save **£80 A YEAR** by turning heating down just one degree. Research by Uswitch.com shows 1 in 10 UK households have their temperature set at 25C, hotter than Tenerife. The average temperature in an estimated 17 million homes is 20C, whereas climate change experts recommend a maximum of 19C. Turning the heat down just one degree could save up to £1.4 billion on home energy bills.

Source:

<https://www.uswitch.com/gas-electricity/news/2020/11/06/homes-hotter-than-tenerife/>

