

FREE GUIDE · GREEN LIVING

Save Energy at Home

50 Simple Ways



A plain-English guide to using less energy and lowering your bills, room by room: quick no-cost habits, low-cost fixes, and smart green upgrades worth considering.

50

energy-saving tips

25+

cost nothing at all

30

day energy-saving plan

START HERE

Where your energy goes

Using less energy is the greenest choice of all, and it saves money every month. In most homes, heating and cooling use the most energy, followed by hot water, appliances, and lighting. Start where the biggest savings are.

Heating & cooling		Usually the biggest share
Water heating		Often second
Appliances & kitchen		Fridge, oven, laundry
Electronics		Including standby power
Lighting		Small with LED bulbs

Illustrative only. Your mix depends on your climate, home, and appliances.

A 20-minute DIY home energy check

- ☐ Feel for drafts around doors and windows
- ☐ Check attic or loft insulation depth
- ☐ Note any old incandescent bulbs
- ☐ Read the water heater temperature
- ☐ Check the fridge door seal with paper
- ☐ Find devices left on standby
- ☐ Look at the age of your heating system
- ☐ Find last year's highest energy bill

My average monthly energy bill

Write it here, then compare it after 30 days of using this guide.

Why it matters: every unit of energy you don't use saves money and reduces pollution from power generation. It's the simplest green choice there is.

How to read your energy bill

- ☐ **Usage (kWh or units):** how much energy you used. This is the number to bring down.
- ☐ **Rate:** the price per unit. Ask about cheaper plans or off-peak times.
- ☐ **Fixed or standing charge:** what you pay regardless of use.
- ☐ **Compare months:** look at the same month last year, not just last month.

Heating, cooling & drafts

These tips target the biggest energy users. Labels show the cost: Free Low cost Upgrade

Heating & cooling

- 1. Lower the heating thermostat by 1–2°C (2–4°F) Free
- 2. Raise the cooling setting a few degrees in summer Free
- 3. Heat and cool only the rooms you use Free
- 4. Use ceiling or table fans before the AC Free
- 5. Close curtains on hot days, open them on sunny winter days Free
- 6. Wear warm layers at home in winter Free
- 7. Clean or replace AC and furnace filters regularly Low cost
- 8. Use a programmable or smart thermostat Upgrade

Drafts & insulation

- 9. Keep doors and windows closed when heating or cooling Free
- 10. Keep vents and radiators clear of furniture Free
- 11. Close the fireplace damper when not in use Free
- 12. Seal window and door gaps with weatherstripping Low cost
- 13. Add draft stoppers under doors Low cost
- 14. Use thermal or heavy curtains Low cost
- 15. Seal gaps around pipes and cables with caulk Low cost
- 16. Top up attic or loft insulation Upgrade

Biggest quick win: sealing drafts and adjusting the thermostat are usually the cheapest ways to make a noticeable difference to your bill.

Season	Comfortable, energy-smart settings to try
Winter	Heating around 18–20°C (64–68°F) when home, lower at night and when out
Summer	Cooling around 24–26°C (75–78°F) when home, with fans to feel cooler
Away	Set the thermostat back, or use "eco" or "away" mode

Hot water, kitchen & laundry

Small daily habits in these rooms add up quickly, because you repeat them every day.

Hot water

- 17. Take shorter showers Free
- 18. Set the water heater to about 50°C (120°F) Free
- 19. Fix dripping hot water taps Low cost
- 20. Install a low-flow showerhead Low cost
- 21. Insulate exposed hot water pipes Low cost
- 22. Consider a heat pump or solar water heater when replacing Upgrade

Laundry

- 23. Wash clothes in cold water Free
- 24. Run only full loads Free
- 25. Air-dry clothes whenever you can Free
- 26. Clean the dryer lint filter every load Free
- 27. Use the high-spin setting to cut drying time Free
- 28. Choose an energy-efficient washer when replacing Upgrade

Kitchen

- 29. Put lids on pots and pans Free
- 30. Match the pan size to the burner Free
- 31. Use a microwave, kettle, or air fryer for small jobs Free
- 32. Run the dishwasher only when full, and skip heated drying Free
- 33. Keep the fridge at about 3–4°C (37–40°F) and the freezer at -18°C (0°F) Free
- 34. Defrost the freezer and clean the fridge coils Free

Cook smarter

- ☐ Batch-cook and reheat in the microwave
- ☐ Use the oven to cook several dishes at once
- ☐ Let hot food cool before refrigerating
- ☐ Boil only the water you need

Fridge & freezer

- ☐ Keep it away from the oven and sun
- ☐ Leave space behind for airflow
- ☐ Keep the freezer fairly full
- ☐ Check door seals once a year

Lighting, electronics & habits

Each of these saves a little, but together they make a real difference, and they're easy for the whole family to follow.

Lighting

- 35. Switch off lights when leaving a room Free
- 36. Use daylight: open blinds, and work near windows Free
- 37. Replace old bulbs with LEDs Low cost
- 38. Use task lamps instead of lighting the whole room Low cost
- 39. Add timers or motion sensors to outdoor lights Low cost
- 40. Choose solar garden lights Low cost

Electronics

- 41. Turn devices fully off, not just on standby Free
- 42. Unplug chargers when not in use Free
- 43. Enable power-saving modes on TVs and computers Free
- 44. Use a laptop rather than a desktop when you can Free
- 45. Use smart power strips to cut standby power Low cost

Smart habits

- 46. Read your meter weekly to track progress Free
- 47. Ask your supplier about cheaper off-peak rates Free
- 48. Check for government or utility energy rebates Free
- 49. Look for efficiency labels when buying appliances Free
- 50. Make energy saving a family game with a monthly goal Free

Standby power check

Walk around your home at night with the lights off. Every glowing light on a TV, console, speaker, or charger uses a little power around the clock. Plug groups of devices into one power strip and switch it off at bedtime.

GOING FURTHER

Green upgrades & your 30-day plan

Once the free and low-cost tips are in place, bigger upgrades can cut energy use further. Get several quotes, check for rebates, and work out the payback time before you buy.

Upgrade	What it does	Worth knowing
LED lighting	Uses far less electricity than old bulbs	Cheap, fast payback
Smart thermostat	Heats and cools only when needed	Best if your schedule is regular
Insulation	Keeps heat in during winter and out in summer	Often one of the best-value upgrades
Heat pump	Efficient electric heating and cooling	Higher upfront cost; rebates may help
Solar panels	Generates your own electricity	Depends on roof, sun, and local rules; get quotes

Watch out for "too good to be true" energy products: devices that claim to cut your bill by 80–90% just by plugging them in, or "free energy" generators, don't work. Stick to proven upgrades and qualified, licensed installers.

Week	30-day energy-saving plan	Done
Week 1	Do the home energy check, and adjust thermostat and water heater settings	☐
Week 2	Seal drafts, switch to LEDs, and set up power strips	☐
Week 3	Change laundry and kitchen habits, and get the family involved	☐
Week 4	Compare your meter readings, and plan one bigger upgrade	☐

While you're thinking about power: are you ready if it goes out? Get our free, printable [72-Hour Power Outage Checklist](#) →

YOUR NEXT STEP

An efficient home is a resilient home

A home that uses less energy is also easier to keep running when the power goes out or prices spike. If you'd like to see how ready your household is for a multi-day disruption, including power, heat, water, and food, try this free assessment.

FREE 4-6 MINUTE ASSESSMENT

The 7-Day Household Readiness Assessment

Your readiness score

One overall score for how your household would cope with 7 days of disruption.

8 key areas

See how you're doing across eight essential areas of readiness.

Your weak links

The gaps most likely to matter in a multi-day disruption.

What to fix first

Practical priorities, with no doomsday thinking and no gear obsession.

It's free, and no email is needed to start.

[Take the free readiness assessment →](#)

Disclosure: the assessment is run by The Resilient Home, and this is an affiliate link. The assessment is free; if you later buy their optional plan, MyInfoLabs.com may earn a commission at no extra cost to you.

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Here's to lower bills,

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