

## During this cold weather continue to save Energy and save money in YOUR Home

Remember to follow these **GREEN** tips which have appeared in our Newsletters

- Use energy saving light bulbs
- Turn off unnecessary lighting
- Get your boiler regularly serviced and checked
- Unplug battery and phone chargers when not in use
- Don't leave TVs or other appliances on stand-by
- Use your tumble dryer less frequently
- Insulate your home (windows, doors, cavities & lofts)
- Close your curtains at dusk to prevent heat escaping
- Don't boil more water in your kettle than required
- Set your thermostat to between 17°C and 19°C
- Buy energy efficient "A" rated appliances and boilers
- Defrost first, avoid cooking food from frozen

**DID YOU KNOW?** By reducing energy consumption in your home, you can **SAVE MONEY** by cutting your electricity and gas bills. You will also help to secure the future of our energy supplies by using less oil and gas.

**TOGETHER ST MARY'S CONGREGATION CAN MAKE A DIFFERENCE**