



Items to circle	Notes
Solar panel	<p>The first step in energy saving is to take a look at energy use in the home. Download the Energy Action Plan from www.greenhome.ie or view it in the householder's handbook (available from Green Home, contact details below). If a householder wishes to make an investment, solar panels are a great source of hot water and space heating for the home. Grants are available from www.seai.ie to partly cover the cost of purchase and installation of solar panels. Terms and conditions apply.</p>
Attic insulation	<p>If a householder is considering making a long-term investment in energy saving, insulation is the best first step. Attic insulation (e.g. fibre glass or rock wool) should be 30cm for optimum energy and money saving.</p> <p>40% of all heat lost in the average home makes its escape via the attic or walls.</p>
Energy saving bulbs	<p>Energy saving bulbs are in each room in the Green Home House. Circle each one. Energy saving bulbs, also known as CFL (compact fluorescent lamp) bulbs, use 1/5th of the power used by traditional bulbs and last up to 15 times as long. Annual saving is on average €40 per bulb.</p>
Extra blanket on bed	<p>Rather than turning up the heating, why not do one of the following?:</p> <ul style="list-style-type: none"> • put on an extra jumper • put an extra blanket on the bed • do an activity to warm up
Lagging jacket on boiler	<p>Fitting a lagging jacket for the hot water tank will save a lot of money on energy bills. A lagging jacket will pay for itself within a year and can save up to €70 per annum.</p> <p>A lagging jacket on your hot water cylinder will keep water hotter for longer and pay for itself in 2-3 months</p> <p>According to Sustainable Energy Authority Ireland, an 80mm jacket can cut heat loss by 75%.</p>
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<ul style="list-style-type: none"> • Energy saving bulbs • Shower (instead of bath) 	<p>Water and energy saving tips for the bathroom:</p> <p>Shower</p> <ul style="list-style-type: none"> • Take a shower instead of a bath. A bath uses as much as 80 litres whereas a shower can use as little as 30 litres. This will save water and will also reduce energy bills as less water is heated.

<ul style="list-style-type: none"> • Water saving tap • Dual flush toilet 	<ul style="list-style-type: none"> • Power showers can easily use between 8 and 15 litres of water a minute, so a 5 minute shower can use just as much water as a bath. Some power-showers can use up to 125 litres in less than five minutes! • Install a water efficient shower head, or put a restricting washer in it to reduce the water flow. Water/energy efficient shower heads are available from www.multishower.com • Take shorter showers. Not only do showers use up a huge amount of water, water heating is the biggest single contributor to green house gas emissions in the home. <p>Sink</p> <ul style="list-style-type: none"> • Do not leave the tap running when brushing teeth or shaving! A running tap will dispense 6 litres of water a minute • Fix leaking taps. A leak of just one drop per second can waste 10,000 litres of water a year! • When washing hands and face put the plug in the sink as this uses less water than a running tap <p>Toilet</p> <ul style="list-style-type: none"> • The average toilet can use 9 – 14 litres of water per flush so only flush where necessary e.g. there is no need to flush the toilet if throwing just a tissue in the bowl. • Make sure the toilet cistern is not leaking. A leaking cistern can waste 16,000 litres of water a year. • Install a dual-flush system or place a water saving device in the toilet cistern. • Using the half flush on a toilet, where available, can save a four-person family more than 36,000 litres of water a year. • If installing a dual flush is not an option, then, using a 2-litre bottle, remove all labelling and fill it with water. Place this in the cistern of the toilet. This means that there will be a saving of 2 litres of water every time the toilet is flushed
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<p>Double glazed windows</p>	<p>Of all the components in a building, it is through the windows that most heat is lost. This is because glass allows heat to escape more readily than most other building materials.</p> <p>Double glazing works by trapping air between two panes of glass creating an insulating barrier that reduces heat loss, noise and condensation. Installing double glazing can cut heat loss through windows by half and should only be done by a professional.</p>
<p>Items turned off stand-by in lounge</p>	<p>Phone chargers, TVs, computers and other electronic devices can use up to 25% of the power needed to run the appliance while on stand-by mode - turn them off and save €10+/year per appliance.</p>
<p>Kettle with cups indicated on side</p>	<p>The electric kettle is one of our most frequently used items and therefore is responsible for a lot of electricity use! Filling a kettle with only the amount needed is a great way to save electricity. You can save up to €40 per year by doing this!</p>
<p>Recycling bins</p>	<p>Follow the three R's to Reduce, Reuse, and Recycle! Recycling should be our third</p>

	option after reducing the amount of stuff we bring into our homes and trying to reuse it in some other way before thinking of salving our consciences by dropping it into the recycling bin!!
Water Saving tap	A hot and cold mixer tap saves water by allowing the user to quickly achieve the water temperature they want without wasting water.
Draught guard	<p>Low cost measure: Draught seal doors, windows and other gaps with draught guards. See the Energy Vampire Challenge for child-friendly instructions on how to make a draught guard for use in the home.</p> <p>Long term investment: It is estimated that up to 15% of the heat generated in a home can be lost through gaps in doors and windows (Energy Savings Trust). All windows and external doors should be checked for draughts and, if necessary, draught proofed to reduce heat loss. Remember to leave adequate ventilation for fresh air particularly where there are fuel burning appliances in rooms (Sustainable Energy Ireland).</p>
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Vegetable Gardening	Cheap and nutritious and with no packaging – home grown produce cannot be beaten! Visit a local library for books on growing fruit and vegetables.
Geo-thermal heating	Ground source heat pumps, also known as geothermal heat pumps, are used for space heating and cooling, as well as water heating. They operate on the fact that the earth beneath the surface remains at a constant temperature throughout the year, and that the ground acts as a heat source in winter and a heat sink in summer. Pipes filled with fluid are buried in the ground and heat is absorbed from the soil. The heat is used to warm water and this is distributed throughout the house. Grants are available from www.seai.ie to partly cover the cost of purchase and installation of geo thermal heat pumps.
Compost Bin	Composting is a great and very easy way to manage garden and kitchen waste. It is a natural process which converts organic waste into an earth like mass by means of bacteria and micro-organisms. The composting process is supported by larvae, wood lice, beetles, worms and other such creatures. Local authorities (county councils) have information on where to obtain a compost bin in the local area.
Clothes drying on clothes line	<p>Tumble dryers use a huge amount of energy compared to other appliances. An average tumble drying cycle uses just over 4kWh of energy and produces around 1.8kg CO2. It is very difficult to locate an 'A' rated tumble dryer for energy efficiency and most only achieve a 'C' rating.</p> <p>If a tumble dryer is necessary: Dry heavy articles separately from light articles and turn the dryer off as soon as the clothes are dry - don't over dry the clothes! (SEAI)</p> <p>Drying clothes outdoors or indoors on a clothes horse means that a lot of energy is saved and clothes will live longer also!</p>