

Green Tips for Grainger Tenants

We at Grainger would like to work with our tenants to help make the world a better place for future generations. This information pack contains a number of suggestions that could both save you money and collectively make a very positive impact on the planet. Please share this booklet with friends and family because together we can make a difference.



Helpful Websites

- **www.energysavingtrust.org.uk**

The Energy Saving Trust gives free and independent energy saving advice.
Tel: 0800 512 012.

- **www.direct.gov.uk/en/Environmentandgreenerliving**

A government aided portal for advice on all environmental issues in your area.

- **www.puretrust.org.uk**

Pure is a UK based registered charity with the specific objective of improving air quality – so combating climate change.
Tel: 020 7382 7815.

- **www.energylinx.co.uk**

A free and impartial search engine which allows you to compare the prices of all gas and electricity suppliers.
Tel: 0845 225 2840.

- **www.water-guide.org.uk**

Water Guide tells you everything you need to know about the UK water industry from water rates to water saving tips.

- **www.recyclenow.com**

Information on where and how to recycle.
Tel: 0845 331 3131.

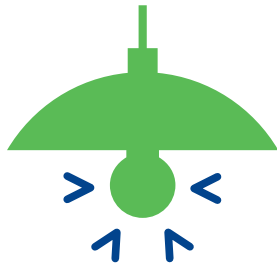
- **www.warmfront.co.uk**

Warm Front is a Government funded initiative for improving the insulation and heating in your home.
Tel: 0800 316 2805.

Energy

Did You Know?

- Turning the thermostat on your central heating system down by 1°C could cut your heating bills by up to 10%.
- Washing clothes at 30°C instead of 40°C uses around 40% less energy.
- Unplugging your pc overnight could save you as much as £35 per year (PC Pro Magazine).
- One energy saving light bulb can save you up to £9 per year – that adds up to more than £100 over the course of the bulb's lifetime!
- By boiling only as much water as you need, you could save enough energy in a week to run a TV for 26 hours (Scottish Power).
- The average household could save up to £300 a year on energy bills and two tonnes of carbon dioxide by being more energy efficient.
- Change your electricity to a green supplier such as Good Energy and get 100% of your electric from renewable sources – www.good-energy.co.uk or Tel: 0845 456 1640.





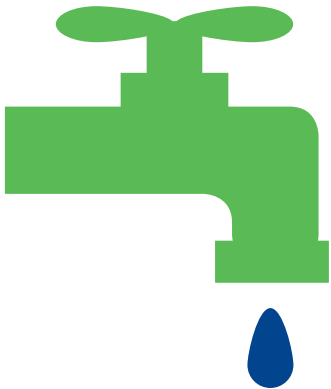
Energy Saving Tips

- Close your curtains at dusk to stop heat escaping through the windows.
- Make sure your hot water cylinder thermostat is not set higher than 60°C/140°F.
- Turn off the lights when you leave a room.
- Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily.
- Dry washing on a clothes line outside whenever possible.
- Put the lid on a pan to reduce the amount of time and energy it takes to boil
- Work together to share lifts www.nationalcarshare.co.uk or www.freewheelers.co.uk or join a car club www.carclubs.org.uk.
- Walk, cycle or take public transport wherever possible.

Water

Did You Know?

- By simply turning the tap off whilst you clean your teeth could save as much as 9 litres of water a minute.
- Don't overfill the kettle when making a cup of tea. Only fill and boil what you need.
- Only use the washing machine and dishwasher when you have a full load.
- Taking a shower rather than a bath could save you up to 400 litres of water a week.
- Fix dripping taps – a dripping tap can waste 90 litres of water a week.





Water

Saving Tips

- Don't let the cold water that comes through before a tap runs hot go down the drain – use it for watering plants or put it into a water butt in the garden.
- Keep a jug of water in the fridge to prevent wasting water every time you wait for the tap to run cold. Consider buying a water butt to collect rain water for the garden – using rain water not only saves mains water but also the energy used to treat it.
- Putting a water saving device, or simply a plastic coke bottle full of water, in your toilet cistern could save 3 litres of water every time you flush.

Waste

Did You Know?

- On average every person in the UK throws away their own body weight in rubbish every 7 weeks.
- The energy saved from recycling one glass bottle will power a colour TV for 15 minutes or a computer for 20 minutes.
- 100,000 tonnes of plastic bags are thrown away in the UK every year – that is the weight of 70,000 cars. Carrier bags dumped in landfill take 100 years to decompose.
- If you recycle your paper, in just 7 days it could come back as your newspaper.
- The UK produces enough waste every 2 hours to fill the Albert Hall.
- The UK produces more than 434 million tonnes of waste every year.
- Glass bottles can be recycled into house insulation.
- Plastic bottles can be recycled in fleece jackets.





Waste Reduction Tips

- Reduce, reuse, recycle.
- Register with the Mailing Preference Scheme to avoid receiving junk mail – www.mpsonline.org.uk or Tel: 0845 703 4599.
- Use shredded waste paper as a substitute for animal bedding or cat litter.
- Donate unwanted items to charity shops or give them away through freecycle.
- Compost kitchen and garden waste.
- Recycle as much household waste as possible – contact your local council to find out about recycling facilities and services in your area. On average 80% of the average bin could be recycled.
- Avoid buying products with unnecessary packaging.
- Choose to reuse – take shopping bags with you and if you cannot avoid an occasional plastic bag then reuse it.
- Write a shopping list to help you only buy what you need to avoid throwing away excess food, paint etc.
- Avoid convenience food and buy loose fruit and veg to avoid excess packaging.
- Sort, wash and squash your items for recycling.