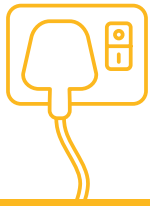


## Turn it off



**energy saving trust**

Switch off appliances at the wall.

## Turn off the tap



**energy saving trust**

Save up to £25 a year on water bills by turning taps off fully.

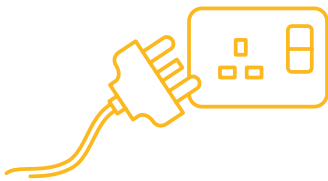
## Don't sleep, switch it off



**energy saving trust**

Done for the day? Make sure your equipment is fully turned off.

## Unplug from the wall



**energy saving trust**

Unplug your devices to save energy. You could save up to £30 a year.

## Switch it off



**energy saving trust**

Turn off your lights to save energy. You could save up to £15 a year.

## Save energy, save our planet



**energy saving trust**

Lowering your carbon footprint will help the UK achieve net zero.

## What is food waste?



**energy saving trust**

Fruit and veg, tea and coffee, meat, fish, bread and pastries etc.

## What is general waste?



**energy saving trust**

Coffee cups, plastic contaminated with food, crisp packets, plastic bags etc.

## What is recycling?



**energy saving trust**

Plastic bottles, cardboard boxes, paper, cans, tins, glass bottles foil etc.

## Eat seasonally



**energy saving trust**

Eat with seasonal vegetables and fruit. Better taste and better for the planet.

## Improve your health and happiness



**energy saving trust**

Walking or cycling regularly can reduce the risk of heart disease by 35%.

## Quicker than you think



**energy saving trust**

On average, you can walk a mile in 15 – 20 minutes or cycle this in five.