



# Efficient appliances

**Inefficient appliances can use significant quantities of energy so by improving efficiency, we can reduce energy and save money.**

## Fridge, Freezers and ovens

- Use a thermometer to check the thermostats are working correctly and the fridge is not set colder than needed. Aim for below 5°C in fridges and -18°C in freezers.
- Check the door seals on fridges, freezers and ovens are clean and in good condition. If a sheet of paper easily slips out when a door is shut, the seal is not tight enough.
- Allow food to cool before putting into the fridge or freezer.
- Defrost the freezer regularly. Defrost frozen items in the fridge - it helps cool it and so saves energy.
- Keep fridges and freezers out of the sun and away from heat sources including ovens and boilers.
- Keep a two-inch gap between the back of the fridge and the wall for heat escape and avoid storing items on top of the fridge.
- Remove dust from fridge and freezer condensers a few times a year.
- Use microwaves when you can as they use less energy than ovens.
- Keeping a fridge three quarters full is ideal for efficiency.

Try a SavaWatt device to quickly increase the efficiency of existing fridges and freezers  
[savawatt.co.uk](http://savawatt.co.uk)

## New appliances

- Repair appliances rather than buying new items to reduce limit your carbon footprint and save money – find a local repair café [repaircafe.org/en](http://repaircafe.org/en)
- When new appliances are essential, ensure the efficiency ratings are at least a B or C category under the new stricter energy ratings. Ovens and water heaters are still on the older rating scale, so aim for A+++ for these.

Did you know, a standard kettle on an induction hob is the most efficient way to boil water.

How is your water heated? Point of use water heating is more efficient for occasional use than heating a hot water tank.