

ECO-EXPO @HIGH STORRS

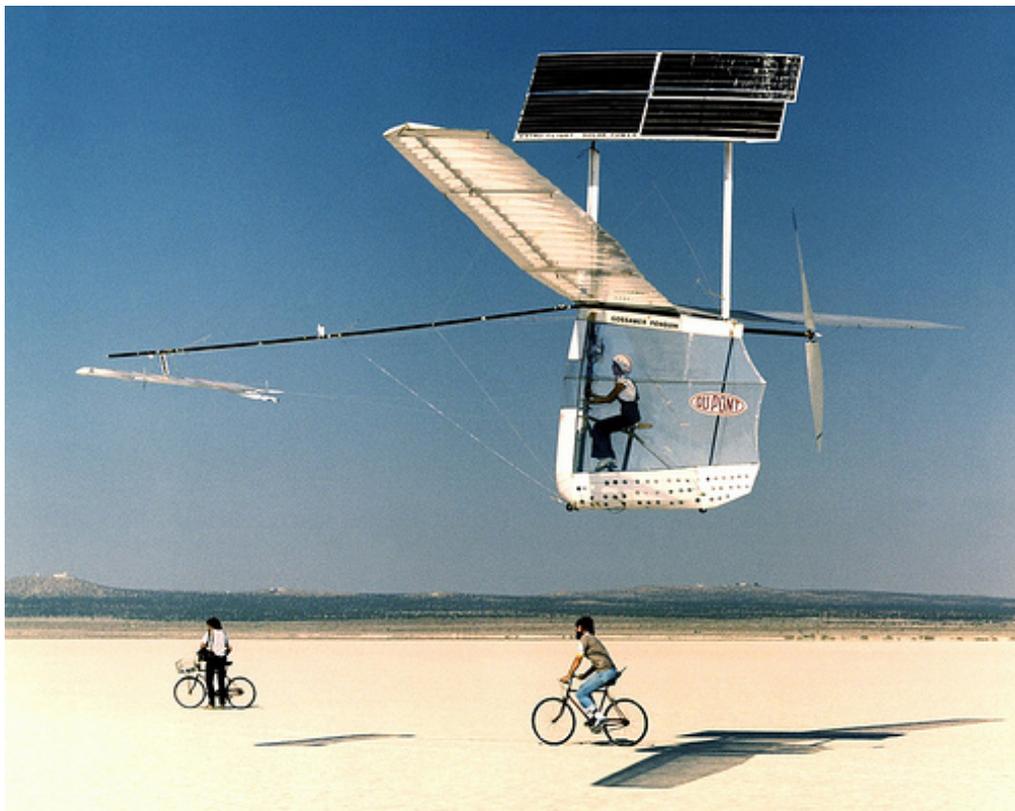
23rd March 2019

David Garlovsky Discussion

(BSc, MSc, Certificate in Social Phenomenology, Focusing teacher)

3.00pm Choosing products based on the embodied energy in manufacturing supply chain and energy rating

A sensible approach to a low carbon lifestyle



NASA Dryden Flight Research Center Photo Collection
<http://www.dfrc.nasa.gov/gallery/photo/index.html>
 NASA Photo: ECN-13413 Date: July 25, 1979 Photo by: Bob Rhine



Solar-powered Gossamer Penguin in flight

BIGFOOT-LITTLE FOOT-BAREFOOT

1. A typical household could save between **£45 and £80** a year just by turning off appliances left on standby.
2. Don't fill your kettle right up every time – just boil the amount of water you need and have an **annual saving up to £20**.

How to Choose the Right Kettle?

How do you choose the most suitable kettle? Check the capacity of the kettle, how hot you need the water to get; and how fast you need it to come to a boil. Then choose the kettle that is right for you.

Remember that an electric kettle with a higher wattage will generally heat up water faster than that with a lower wattage. According to Npower, a kettle costs around **2.5 pence** to boil a full kettle.”

Power Consumption. While **stove kettle** can **boil water** to a higher temperature than an electric **kettle**, an electric **kettle** is able to **boil water** faster. That’s because they use an electrically powered element that heats up very quickly.

To boil 1 litre of water from 20C to 100C, requiring 0.183 kWh, at today's energy prices GAS is about 3-4 times cheaper than electricity per kWh. According to the **Energy Saving Trust**, over-boiling in UK wastes enough energy to power about three quarters of the nation's streetlights.

- 3. Switch off clock on microwave (or don't have one) -- over the year it would use more energy than all the cooking done in it.**
- 4. Remember to turn hot water unit off if you're going away** for an extended period to save energy maintaining set thermostat temperatures.
5. Save up to **£150** a year if your loft is un-insulated by installing insulation.
7. Cavity wall insulation average installation cost is between **£450** and **£500** and save up to **£140/year** and pay for itself in under four years.
8. Invest in solar PV and get quotes from at least three MCS accredited installers.
9. Installing a room thermostat will save £70, with an extra potential annual saving of £65 by turning down thermostat by just one degree.
10. Buildings lose heat through their windows. Energy-efficient glazing or heavier curtains and shutters can reduce your energy bills.