

125

**WAYS TO
SAVE MONEY**



Brought to you by



**Guernsey
Electricity**

2025 marks Guernsey Electricity's 125th anniversary. To celebrate this milestone and our commitment to the community, we have created this booklet collating 125 ways to save money – from energy saving tips to growing your own vegetables.

We understand that people across the island are facing cost of living pressures, and by gathering tips from local organisations and our community partners we hope to provide practical ways you can save money and power life for less.

#125waystosavemoney



GUERNSEY ELECTRICITY: ENERGY TIPS WAYS TO SAVE

1. Check what tariff you are on. If you are not on Economy 12, consider switching to save up to £250 per year.
2. Utilise low-rate times: If you're on our Super Economy 12 (E12) tariff, utilise your property's low-rate times. Electricity used during these times will cost you more than half the standard rate applied. You can find your low-rate times on the back of your bill. The household target is 47% in the low-rate.
3. E12 low-rate fridge magnet: Write down your low-rate times and stick the magnet to appliances as a constant reminder. Fridge magnets can be collected from the Guernsey Electricity reception for free.
4. Use our energy calculator: Our energy calculator on our website can give you a better idea of how much you're spending on each appliance. All you need is your appliances' energy watts and an idea of how long you use it for.
5. Use eco mode: Use eco mode when using your washing machine and dishwasher. Eco mode uses lower wash and rinse temperatures, which can lead to an energy saving over 35%, resulting in lower electricity bills.
6. Turn down the thermostat: Reducing the temperature in your house overnight or whilst out the house to a lower temperature. This can help save on your electricity bill.
7. Be water wise: Reducing your shower time below 7 minutes can result in lower water and electricity bills.
8. Make sure any curtains that are closed in the evening are not hanging over radiators. The heat will get trapped in between the curtain and the window.



- 9. Only use plug-in heaters when necessary: Those innocent-looking little heaters are incredibly expensive to use, and you should really only use these 'space' heaters for a short time if absolutely necessary.
- 10. Switch to LED bulbs: Replacing traditional lightbulbs with LEDs can save money on every bulb.
- 11. Allow food to cool to room temperature before placing it in the freezer. Adding warm food forces the freezer to work harder, increasing energy consumption.
- 12. Turn down the heat: It takes a lot of electricity to heat water. Simply turning down the temperature on your hot water cylinder can lead to lower electricity bills long-term (Ensure the temperature is kept above 49°C to avoid harmful bacteria growth).
- 13. Switch your hot water cylinder timer to heat water during off-peak (if you're on the Super Economy 12 tariff).

- 14. Make sure the dishwasher is full: Reduce costs by waiting until your dishwasher is full before running. Even better, wait until your dishwasher is full and use it during your low-rate times.
- 15. Use the wind: When the sun is out, air dry your clothes outside rather than using a tumble dryer.
- 16. Keep the lid on: Keeping the lid on your cooking pots shortens cooking times, resulting in lower energy usage and costs.
- 17. Move your furniture: Heat can get trapped behind furniture. Simply moving your furniture away from your radiators means you'll stop wasting so much heat.
- 18. Turn lights off that are not required, consider using a side light whilst watching TV to save multiple lamps being on.
- 19. Shower instead of a bath: Opting for a shower over a bath can reduce your water consumption and the amount of energy it takes to heat all that bath water.
- 20. Use a kettle to boil water: Using a kettle to boil water instead of the hob is more energy efficient. Only fill the kettle up as much as you need.
- 21. Use a smart plug: Control your devices remotely, making it easier to switch appliances on and off even when you're not at home.





- 22.** Steam vegetables instead of boiling: This uses less energy and water overall, leading to reduced bills.
- 23.** Switch off standby power: Devices left on standby consume energy, known as “vampire power”.
- 24.** Use a reflector panel on radiators: Radiators can lose heat through your home’s external walls. Use a reflector panel to bounce heat back into the room.
- 25.** Use dryer balls: Dryer balls will help keep clothes separated for faster tumble drying times.
- 26.** Don’t sweep savings under the rug: If you’ve got solid flooring, simply put down a winter rug to reduce heat loss.
- 27.** Switch off your tap: When brushing your teeth switch off the tap to reduce both water and electricity bills (if you have an electric water heater).



- 28.** Pipe lagging: Ensure exposed pipes are insulated with pipe lagging to save money and heat.
- 29.** Seal draughts: Heat loss means money, so even sealing a few gaps in the house to prevent a draught can help save money.
- 30.** Use an air fryer: Using an air fryer to cook 2/3 meals a week could lead to significant savings as less energy is used to heat your food.

Bonus Tip: Cooking using fresh ingredients can also lead to savings. Have you tried making our GEL staff soup or main featured at the Powering Life for Less Show?

- 31.** Use a pelmet on top of curtains: This will prevent hot air from escaping out of your windows.
- 32.** Insulate your home: Don’t let your money escape. Properly insulating your home can lead to long-term savings. A well-insulated home retains heat better, ensuring your home stays warm for longer.
- 33.** Hair dryers: Use the coolest setting when you can. The action of heating up air to blow dry is what creates the biggest energy draw.



- 34.** Boost your meals: Add TVP (dry soy-mince) to meat sauces to increase protein and cut costs – no one will notice the swap.
- 35.** Slow cook for savings: Use a slow cooker for meat joints or whole chickens to maximise flavour, reduce energy use, and make your meals go further.
- 36.** Descale your kettle: By placing a halved lemon—either fresh or already juiced—inside, filling it with water, and bringing it to a boil. Let the mixture sit for about 30 minutes before rinsing thoroughly to remove limescale and leave a fresh citrus scent.
- 37.** Further to the previous tip, you can even pour the liquid straight from the kettle (minus the lemon) into your toilet bowl to sit overnight to “bleach” the porcelain white again.
- 38.** Follow money-saving experts: Keep up with social media accounts like Martin Lewis for money saving tips and tricks.
- 39.** Use the Olio app: Collect free or discounted food that would normally be thrown away.
- 40.** Save on nappies: Download the Pampers app for exclusive discounts.
- 41.** Find local bargains: Visit car boot sales to buy or sell items at low prices.
- 42.** Get an Island Families card: Join to unlock local discounts.
- 43.** Borrow, don't buy: Use the Guille-Allès Library for free books, audiobooks, and DVDs.
- 44.** Join Guernsey Freecycle: Reuse and repurpose items others are giving away for free.
- 45.** Enjoy free fun: Attend local festivals, concerts, and exhibitions with no entry fee.

- 46.** Visit the Guille-Allès Library's free workshops: Learn new skills like digital literacy or crafts.
- 47.** Shop seasonally: Buy loose, local produce for fresher ingredients, lower cost, and less waste.
- 48.** Join a community garden: Grow your own food in shared plots if you don't have space at home.
- 49.** Job support: Apply to the Guernsey Employment Trust for help with CVs, applications, and interview prep.
- 50.** Buy school uniforms second-hand: Many schools offer used uniforms at low prices.
- 51.** Swap and save: Join a local swap group to exchange clothes, books, and household items.
- 52.** Join a local walking group: Free exercise and socialising without gym fees.
- 53.** Jeffrey's Service Station offer discounted car washes after 7pm.





- 54.** Get a Guernsey Museums Discovery Pass: One-time purchase gives access to multiple museums for the year.
- 55.** Join a local book swap club: Exchange books with others instead of buying new.
- 56.** Save on cinema tickets: The Mallard Cinema has a lower ticket price every week on Wednesdays.
- 57.** The Guernsey Youth Commission has free youth clubs that are great for children.
- 58.** Yellow stickers: Look out for the yellow stickers in supermarkets for marked down prices on items that are almost past their sell by date.
- 59.** Plum app: Every time you spend, the 'Plum' app can automatically save your spare change by rounding up your purchases.
- 60.** Defrost frozen food in the fridge overnight: This reduces the energy your fridge uses to stay cool and helps your food thaw safely without using a microwave or running water.
- 61.** Clean behind your fridge and freezer: Dust buildup on coils or vents can make these appliances work harder. A quick vacuum can improve efficiency and reduce electricity use.

- 62.** New parents can join the Co-op 'Baby and Toddler' club which offers £120 worth of vouchers.
- 63.** Match pot size to burner size: Using a small pot on a large burner wastes energy. Always match the pot size to the burner to ensure efficient heat transfer.
- 64.** Use a microwave for small meals: Microwaves use less energy than ovens for reheating or cooking small portions, making them a more efficient choice.
- 65.** Save ahead: Prior to going on holiday, put a set amount of money aside each month in the lead up to use on your holiday – this helps to spread the cost.
- 66.** Sign up for a Co-op members card: There are often discounted 'members prices' available on products.
- 67.** Liberation restaurants often have a discount on food on Wednesdays and drinks on Thursdays for customers with a Liberation loyalty card.
- 68.** Explore Guernsey's nature: Beaches, cliffs, and walking trails are all free.
- 69.** There are National Trust of Guernsey properties that are free to visit.
- 70.** Switch it up: Try switching your high street retail brands to in-store home brands.



With 5,500 cesspit customers, 500 km of water pipes, 300 km of drainage, 58 pumping stations, 41 sewage tankers, 14 reservoirs, three water treatment works and two treated water reservoirs – Guernsey Water is here for you, 24/7, 365 days a year. Need help? Call us on 229500.

- 71.** Consider installing an aerated shower head, which will help use less water.
- 72.** Collect used bath water in a bucket and use it in the garden. Check that soaps and detergents in the water won't harm your garden plants.
- 73.** Using the short flush on a dual flush toilet will save you water every time.
- 74.** Don't use running water to defrost frozen food.
- 75.** Fill a jug of water for drinking and place in the fridge. This will save water when running the tap waiting for it to go cold. The water should be replaced at least every 24 hours.
- 76.** When washing dishes by hand, try not to rinse them under a running tap. Fill a second sink or bowl with rinsing water.
- 77.** Regularly check your plug fits securely and replace it as necessary.
- 78.** Use a bucket to collect water while waiting for the shower to heat up. This water can be used in the garden.
- 79.** Shower Timer – This can be very useful in limiting the amount of time you spend in the shower. A shower can use a lot of water, particularly in the case of power showers, so by spending less time showering you can save lots of water.
- 80.** Water Butts – A water butt can be positioned to catch run-off from the roof of a property, and this harvested water can be used for watering your garden, potentially saving lots of water.





Established in 1984, Grow's aim is to support adults with learning disabilities and difficulties develop self-confidence and life skills: enabling them to be included and valued within a workplace and the wider community by providing occupational training and mentoring in a safe and stimulating environment. Training is provided in horticulture, garden maintenance, catering and hospitality, retail and woodwork; our crew also learn soft skills such as teamwork and communication.

Grow your own

- 81. Consider buying your vegetable plants from Grow.
- 82. Enjoying meals prepared with home-grown produce.
- 83. Growing your own is satisfying, good for your mental health and brings a sense of accomplishment and well-being.
- 84. Growing your own also saves money as you only eat what you need – you could even make money by selling hedge veg and giving away produce to family and friends.

Reuse/recycle

- 85. At Grow, we reuse/recycle donated materials such as wood to make bug hotels and bird houses.
- 86. Getting kids involved in reuse/ recycle offers many great activities for kids.
- 87. Reusing and recycling material is also great for the environment, by transforming items that would have otherwise been thrown away.

Guernsey Welfare supports those living on low incomes, primarily by running a foodbank and, when appropriate, issuing vouchers for essential items such as food and heating. We have a welcoming Centre where we can offer a safe space and hospitality to those who need it.

- 88.** Take a drink, snack and/or packed lunch when going on an outing.
- 89.** Plan your meals and write a shopping list.
- 90.** Have a 'potluck' meal from fridge leftovers and freezer items which might not be named!
- 91.** Bulk out meals with beans or pulses.



Our vision is for our islands to be places that support us all to lead a healthier life. Our work focuses on four main areas; Be Active, Eat Well, Healthier Weight and Substance Use. We are also proud partners in the Bailiwick Social Prescribing scheme.

We deliver initiatives, fund community-led projects and services, develop and implement campaigns, develop resources and provide education, advocate for health, support workforce development and training and advise on policy.

- 92.** Use frozen fruits and vegetables – they're often cheaper, pre-prepped, and just as nutritious. Try frozen berries in yogurt for a healthy snack.
- 93.** Stretch meat further by swapping in 50% beans, lentils, or other pulses (e.g., 50% canned lentils and 50% mincemeat in a spaghetti Bolognese).
- 94.** Choose active travel (walk, cycle, scoot) instead of driving – saves on petrol and insurance.
- 95.** Save gym fees and keep active by joining online free/low-cost fitness classes or using the outdoor gyms at Delancey Park, Styx Community Centre and Saumarez Park.
- 96.** Skip alcohol deals that encourage overbuying – stick to what you actually want to drink.
- 97.** Use a Stop Smoking Service like Quitline – offers free support, nicotine replacement therapy (NRT), or vape starter kits.
- 98.** Set a quit date and save the difference – put cigarette money into a savings jar and watch it grow.
- 99.** Get involved in volunteering or community activities – it's a great way to stay socially connected, boost your wellbeing, and spend less time at home, which can also help reduce heating costs.



The Citizens Advice Guernsey (CAG) service is available to all, providing free, independent, confidential, and impartial advice for the problems people face. CAG values diversity; promotes equality; challenges discrimination and aims to improve the policies and practices that affect people's lives.

- 100.** Know your budget: how much you have coming in vs how much is going out. If more is going out than coming in, review what you are spending and see if you can make savings.
- 101.** Set up standing orders and direct debits to pay your bills (e.g. rent, utilities, phone etc). Arrange for payments to leave your account soon after your pay goes in.
- 102.** Try to save some money each month as a general savings plan or to cover emergencies when they arise.
- 103.** Make sure you look again at your budget each time there is a change in your income or any other change that might affect your finances.
- 104.** For regular household shopping make a list of what you need - and stick to it.
- 105.** For personal shopping, know your spending limit - and stick to it.
- 106.** Credit cards should only be used if you know that you can repay the full amount every month. Remember that paying the 'Minimum Payment' each month means you are charged full interest on all outstanding debt, and your debt will rise very quickly.
- 107.** Be careful about buying goods on credit; the interest repayments can be high. You should also, be careful about interest free credit - it may seem a good deal but if you fail to



repay the full amount before the end of the interest-free period, you could find yourself paying full interest, even if you are one day late on your payment.

- 108.** Don't just run up an overdraft without talking to your bank, you will be charged for unauthorised overdrafts. Try to run your bank current account without an overdraft. Even authorised overdrafts carry interest charges. And any overdraft makes it almost impossible to set up regular payments like Standing Orders and Direct Debit.
- 109.** Be careful about taking out any loans; make sure you understand all the terms and conditions. Most important know the difference between secured and unsecured lending. If you take out a secured loan, you are using your house as surety and may lose it if you cannot make the loan repayments. Be sure you can afford the payments for the whole term of the loan.
- 110.** Double check you are on the correct tariff for all your utilities including mobile phones, broadband & bank accounts. At renewal consider shopping around for a cheaper deal. Check the small print.
- 111.** Make your own breakfast and lunch most of the time. Use take-away outlets as a treat.
- 112.** Review streaming services you may use which you pay monthly i.e. Netflix, Spotify or Apple music. Consider cancelling those not used very often.
- 113.** Homeowners – if you have a spare room consider letting it out. No income tax to pay on the first £10,000 received in rent per room, for up to two rooms in one home. Conditions apply.
- 114.** Switch your heating off when leaving the house for a few hours. It's cheaper to reheat your home than keep your heating on low when you're out unless you own a heat pump.
- 115.** Turn off lights when you leave a room (but not if doing so risks your safety).
- 116.** Get a hot water cylinder jacket and save on energy bills. Jackets

are easy to fit, not too expensive, and you'll also spend less on a hot shower or bath in the future.

- 117. Turn off the radiators in rooms you don't use, like spare bedrooms, and close the doors to stop heat escaping from the rooms where the radiators are switched on. Heat the rooms you use the most, like your living room, to a comfortable temperature – usually around 18°C (64°F) is ideal.
- 118. Bleed radiators. When air gets trapped inside your radiators, this leaves cold spots at the top. This makes your heating system less efficient because you have to use more energy to get enough warmth from your radiators. If your radiators are hot at the bottom but cold at the top, they probably need bleeding.
- 119. Make a shopping list for meals for the week & stick to it. Reduce buying regular takeaways.



Age Concern Guernsey LBG has been providing support and friendship to the over 65's at our Centres around the Island for over 40 years. Our guests can be collected from their homes if required and enjoy seeing their friends and taking part in various events and activities throughout the year.

- 120. Use a washing-up bowl in your sink to save hot water compared to filling the entire sink.
- 121. When making a hot drink, only boil the amount of water you need, as boiling a full kettle every time uses more energy.
- 122. Freeze individual portions of batch-cooked meals; defrost and reheat them in the microwave to save additional energy.
- 123. Don't overfill the fridge; ensure proper air circulation so the motor works more efficiently.
- 124. Fill the freezer to maximise efficiency, even if it means using empty boxes to fill unused space.
- 125. If you have an older freezer, defrosting regularly helps to prevent excessive ice build-up.



We hope you find this resource helpful, and we would love to hear if you have implemented any of the tips mentioned, or if you have any tips of your own. Tag us on social media and use the hashtag #125waystosavemoney. We will then share the top tips received.

Want to learn more?

Who should I contact if I'm experiencing difficulty in paying my electricity bill?

Our friendly and experienced team can help you manage your usage, offer advice, and connect you with other organisations that may be able to help. Getting in touch early means we can find the best solutions for your needs and provide peace of mind.

Call us on: 01481 200700

Email: customer@electricity.gg

For more information on saving money on your bills, visit **www.electricity.gg**

Customer support

Click the button above for some further independent services available in Guernsey.



Powering Change Together

