

Challenge Checklist

**Why not challenge your own household?
Can you follow this schedule for a week?**

See what habits you can try to bring your bills down.

**THE POWERING
LIFE FOR LESS
CHALLENGE**



Appliances and getting to know them

Run through your appliances' optimised settings

Go Eco (settings) where possible

Swap old lighting for LED bulbs

Utilise your low-rate times

Set a timer on your appliances (between 11pm and 5am)

For example: Washing machines, dishwashers, and hot water thermostats

Collect your low-rate time reminder magnets in store



Try using alternatives

Dry clothes outside when it's sunny

Cook using an alternative to your oven (2 or 3 times a week)

An Air Fryer, Countertop Grill, Microwave and Slow Cooker are all energy efficient alternatives to an oven

Avoid peak times (Around 8am, 2pm and 6pm)

Schedule NO ACTIVITY times into your lifestyle

Adjust meal times outside of peak-times

Why not try late date night, or schedule your early morning coffee even earlier

Extra Energy Saving Ideas

Half your time in the shower

Hot water is one of the most energy intensive things to use. Cut down your time and notice the savings.

Turn down the thermostat 1 degree on your heating

Turn off the lights in rooms you aren't using

Close the windows if your heating is on

Turn off the taps – don't leave water running, especially hot water