

## **Energy saving – Myth or reality?**

### **It is cheaper to use energy overnight:**

#### **Mostly myth**

Suppliers sometimes charge you a cheaper rate in off-peak periods, which typically fall overnight – when the majority of people are sleeping and therefore using less energy.

However, you need a 2-rate meter or a smart meter, capable of recording when your energy use takes place. Crucially, only people who use loads of their energy in off-peak times will benefit.<sup>1</sup>

### **Keeping the heating or water on low and constant saves energy:**

#### **Myth**

Turn them off! The most energy efficient solution is to only heat what you need, when you need it.<sup>2</sup>

### **Solar panels are no good in winter – and they shouldn't be used in Scotland**

#### **Myth**

Iceland, that has barely 30 minutes of sun a day in December, uses solar power. As long as your panels aren't covered in snow, you will produce power all year round.<sup>3</sup>

### **Overfilling the kettle doesn't waste money.**

#### **Myth**

Experts recommend only filling the kettle with the exact amount of water you need. This could save up to £11 a year on your electricity bills.

As well as saving money on your energy bill, you'll also save water being wasted in the process. Most kettles will have a scale on the side of them that shows you how far to fill them, depending on how many cups of tea or coffee you need.<sup>4</sup>

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<sup>1</sup> <https://press.gocompare.com/news/the-energy-myths-experts-warn-you-should-ignore-if-you-want-to-save-money>

<sup>2</sup> <https://press.gocompare.com/news/the-energy-myths-experts-warn-you-should-ignore-if-you-want-to-save-money>

<sup>3</sup> <https://businessenergyscotland.org/10-common-energy-myths-busted/>

<sup>4</sup> <https://www.birminghammail.co.uk/black-country/energy-myths-debunked-including-cheapest-24921792#>

## **Appliances use energy when they're on standby.**

### **Reality**

When a device is left on standby, it still receives power from your electricity socket - so it is still using energy.

Always make sure you turn off your appliances at the wall to avoid adding to your energy bill. In general, turning off appliances at the plug can save £55 per year.<sup>5</sup>

## **You can save energy by cooking with your microwave.**

### **Reality**

Microwaves are quicker, use less energy. Not only does the microwave save time, but microwaved fruits and vegetables also retain more nutrients than traditionally cooked foods.<sup>6</sup>

A recent study by energy supplier Utilita and supermarket chain Iceland found the microwave is the cheapest way to cook your food. The research was based on the energy consumption of 83 appliances across 24 sources.

But there are ways to cut down your costs if you can't cook by microwave. For example, batch-cooking food could save you cash as you're only heating up the oven once, while using the right sized pan, with a lid, can also help your energy consumption.<sup>7</sup>

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<sup>5</sup> <https://www.birminghammail.co.uk/black-country/energy-myths-debunked-including-cheapest-24921792#>

<sup>6</sup> <https://www.smartenergy.com/energy-saving-myths-fact-or-fiction/>

<sup>7</sup> <https://www.birminghammail.co.uk/black-country/energy-myths-debunked-including-cheapest-24921792#>