








# TIPS TO REDUCE FOOD WASTE AND SAVE MONEY



-  Plan meals for your family so you only buy what you need.
-  Love your leftovers by putting them in the fridge and using them for lunch. Make them go further by adding leftover vegetables or sauces to pasta or rice.
-  You can freeze more than you think. If you find bread goes off before you can eat it, stick half a loaf in the freezer until you need it.
-  Leave your skins on – you can eat most vegetables with the skin on, just give your carrots, parsnips and potatoes a quick wash before you cook them.
-  Own brand products are often just as good but much cheaper.
-  Buy frozen not pre-prepared vegetables and fruit. They are much cheaper and last longer.
-  Recycle your food waste every week. Line your kitchen caddy with a plastic bag, compostable bag or paper to keep it clean. Our food waste is recycled locally, generating electricity and fertiliser.








**Preventing food waste can  
save your household up to £60  
a month – find out more ▶**



# ENERGY SAVING TIPS AT HOME



**THE COST OF LIVING IS RISING.  
SAVE MONEY & ENERGY WITH THESE HANDY HINTS.**

-  Unplug electrical appliances such as TVs and phone chargers when you're not using them.
-  When you're making a cup of tea, only boil the amount of water you need.
-  Consider alternative ways of cooking. Slow cookers, microwaves and air fryers can be much cheaper to use than an oven.
-  If you are cooking several different meals for family members, put them all in the oven at the same time to reduce your energy bill.
-  Put lids on saucepans when bringing water to the boil to save time and energy.
-  Having a quick shower uses far less water than a bath.
-  Keep your curtains drawn on hot days to keep rooms cool and save by not switching on a fan.

For more information on the rising cost of living and the financial support available to you visit [www.southglos.gov.uk/financial-support-for-residents](http://www.southglos.gov.uk/financial-support-for-residents)

We are here to help: [OSSAppointments@southglos.gov.uk](mailto:OSSAppointments@southglos.gov.uk) 01454 868009

Visit one of our One Stop Shops in [Kingswood](#), [Patchway](#) or [Yate](#)

For help and financial support for energy saving at home, visit

[www.warmandwell.co.uk](http://www.warmandwell.co.uk)