



OURS TO PROTECT

TIPS FOR A SUSTAINABLE HOUSEHOLD

WHAT'S INSIDE

On this week's episode of 'Ours to Protect', Una Ni Mhaoldhomhnaigh spoke to Jo Linehan, Editor of the Climate Supplement with the Sunday Times about small efforts we can all make around the house to be more sustainable.

The role of the The Irish Wind Farmers Association (IWFA)

The first thing that Jo recommends is that we all take a look at our energy consumption, as this is where we tend to be least sustainable. She advises looking at when you are using most of your appliances and avoid peak times which are between 5-7pm. She concedes that dinner may not be a moveable feast in many households perhaps consider doing your washes and other big energy consumption activities outside of those peak times. A big advantage of such a sustainable move is that it will save us money as well as helping the environment. Win Win.

The other thing to strongly consider, according to Jo, is switching to LED lightbulbs. Although they may cost a little more in the beginning, they use 90% less energy than a regular bulb, saving you seven euro per bulb on your annual bills. Now although that doesn't seem like much, if you have even seven bulbs in your household, and many of us probably have more, that's a saving of almost fifty euro of right there.

She reminds us to plug out any appliances we are not using as even if there is no visible light, some current is running through anything that's plugged in, wasting energy and money unbeknownst to most of us. So unplug!

Her final big tip was to go onto an online website and compare energy providers, urging us to try to switch to those that can offer us a good deal on Green Energy. She says that although this may seem like an inconvenience, it is well worth it.



Useful Resources

www.ourstoprotect.ie

Switcher.ie

www.jolinehan.com

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