



USE LESS. SAVE MORE.

Join the movement and make smarter energy choices all year round. Whatever the weather, you can be a smart energy saver.

www.utilita.co.uk/high5



Use less. Save more.

We're giving you the power to take control of your energy spend. From summer sun to winter chills, we'll help you save on your energy in any weather.

CONTENTS

Winter savings	4
Spring savings	6
Summer savings	8
Autumn savings	10
More ways to save	12



Use less. Save more.

START YOUR SAVINGS JOURNEY TODAY

We've already helped millions of households cut their energy spend through our award-winning High 5 campaign, but the work doesn't stop there. We're going to be with you 365 days a year to guide you on the best ways to save all year round.

Each season has its own dedicated tips, so by following the campaign throughout the year you can maximise your energy saving potential.

To keep up to date on additional ways to save and how to put these tips into practice, be sure to follow us on social media.



Making these simple tweaks to the way we use energy at home can make a huge difference to your pocket and the planet.*

*All energy usage data is based on Energy Saving Trust Infact Report (September 2019 / June 2021) and Utilita's Review of the Energy Cost of Cooking (September 2022). All energy costs are based on the Government Energy Price Cap (April 2025). Savings may vary as many factors will be important in determining your actual savings. These figures are based on using these tips all year round.

CHILL OUT AND SAVE ENERGY

January – March

Cold temps don't always have to mean big spending. We've picked our Winter tips to help you freeze excess energy usage and make smarter energy choices.

Have a go at batch cooking your favourite warming stews or putting on an extra layer and turning the heating down by 1 degree. These easy-to-use tips will make saving energy and £££s easier than ever before!

Make 5 simple changes to the way we use energy at home:



Save £51

Batch cook when possible



Save £38

Simmer rather than boil



Save £9

Always fully load the washing machine

Save £150

Turn the heating down by 1 degree



Save £17

Swap one bath per week for a 4 min shower



SPRING INTO ACTION

April – June

Just as the days start to get brighter, so can your energy-saving potential.

While the days are getting longer and your opportunities to explore the outdoors in the light increase, make sure you're unplugging your gadgets when you're out and about to avoid any unnecessary extra spends.

*Safety alert – This relates to combination boilers only and NOT for boilers using hot water tanks. If in doubt, please visit www.hse.gov.uk/healthservices for more detail.

Make 5 simple changes to the way we use energy at home:



Save £75

Set your hot water tap temperature to 50C*



Save £51

Avoid standby and unplug gadgets



Save £40

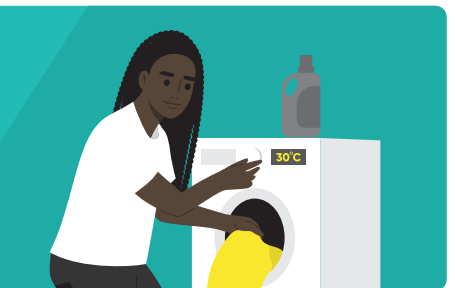
Use the right size pan with a lid

Save £15

Wash laundry at 30C instead of 40/60C

Save £77

Use the most efficient cooking appliance



SAVE FOR THE SUMMER

July – September

The Summer sun naturally brings your energy spend down. So while your central heating is on holiday, why not make small changes around your home to save even more for the colder months ahead?

Warmer climates and brighter days are a great opportunity to make the most of natural resources. Maximise the benefits of the sun by air drying your laundry outdoors. Plus, by opening your curtains instead of turning the lights on, you'll save £££s with some natural brightness.

Make 5 simple changes to the way we use energy at home:



UNBE-LEAF-ABLE ENERGY SAVINGS

October – December

While leaves may be falling from the trees, our Autumn energy saving tips can help your energy costs fall as well.

Try utilising the best cooking appliance for the meals you are making. How about using a slow cooker for your casserole instead of the oven? And when making your favourite hot drinks, measure out the right amount of water so you're not wasting energy or time by overfilling your kettle.

*Safety alert – This relates to combination boilers only and NOT for boilers using hot water tanks. If in doubt, please visit www.hse.gov.uk/healthservices for more detail.

Make 5 simple changes to the way we use energy at home:



Save £77

Use the most efficient cooking appliance



Save £51

Avoid standby and unplug gadgets

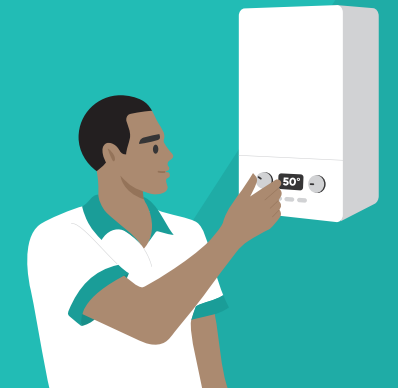


Save £47

Use a plug when washing up

Save £75

Set your hot water tap temperature to 50C*



Save £10

Avoid overfilling the kettle



How much does it cost to cook?



In partnership with Iceland, we've come up with more ways you can save £££s in the kitchen. Switch the appliances you cook with to unlock more saving potential.

Appliance	Day	Week	Month	Year
Electric cooker	28p	£1.95	£8.47	£101.59
Dual cooker	24p	£1.67	£7.24	£86.88
Gas cooker	10p	£0.70	£3.05	£36.62
Slow cooker	9p	£0.63	£2.74	£32.93
Air fryer	8p	£0.56	£2.42	£29.06
Microwave	5p	£0.32	£1.38	£16.55

Visit utilita.co.uk/iceland to find out more.

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