

# SAVE ENERGY SAVE THE EARTH

#SWITCHOFF



*Saving energy helps protect the planet, saves you money, increases national security, and supports a healthier, more sustainable future.*

*The following calculations are based on a typical Jersey house and use tariffs advertised by Jersey Electricity in Jan 2025.*

*Please note you may be on a different tariff.*

🌍💡 **Save Energy, Save the Planet!** 💡🌍

⚡ Simple Energy-Saving Tips for Everyday Life

## 🔌 **Standby Power in a Typical Jersey Home**

⚡ **What is Standby Power?**

Standby power (also called “vampire power”) is the energy used by devices left plugged in or on standby, even when you’re not using them.

📺 **Typical Devices on Standby**

- 🎮 **Game console (10 W)**
- 📺 ~90 kWh/year → 💷 £20 → 🌍 2.3 kg CO<sub>2</sub>
- 📺 **TV on standby (5 W)**
- 📺 ~45 kWh/year → 💷 £10 → 🌍 1.1 kg CO<sub>2</sub>
- 📶 **Wi-Fi router (8 W)**
- 📺 ~70 kWh/year → 💷 £15 → 🌍 1.8 kg CO<sub>2</sub>
- 🔌 **Chargers & gadgets (2 W total)**
- 📺 ~18 kWh/year → 💷 £4 → 🌍 0.5 kg CO<sub>2</sub>
- 🎵 **Set-top box / stereo (12 W)**
- 📺 ~105 kWh/year → 💷 £23 → 🌍 2.7 kg CO<sub>2</sub>
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### 🏠 **Household Impact (Example)**

- 📺 ~300–400 kWh per year
- 💷 ~£65–£85 per year
- 🌍 ~8–10 kg CO<sub>2</sub>/year

### ✅ **Key Takeaway**


Switching off at the socket can save a typical Jersey home up to £80 a year 💷⚡.

✨ **Don’t let vampire power drain your wallet!**

# Insulate and Draught Proof your Home


## Heat Loss in an Uninsulated Jersey Home

### Where Heat Escapes

 Walls → ~33% of heat lost

 Windows & Doors → ~18% lost

 Roof / Loft → ~25% lost

 Floors → ~12% lost

 Draughts & Gaps → ~12% lost

### Annual Impact (Typical Electric-Heated Home ~12,000 kWh/year)

Total lost without insulation: ~6,000 kWh/year

 Cost at 21.66p/kWh: ~£1,300 wasted


 CO<sub>2</sub> (25 g/kWh): ~150 kg CO<sub>2</sub>

### Breakdown by Area (per year)

 Walls: ~2,000 kWh → £430 → 50 kg CO<sub>2</sub>

 Windows & Doors: ~1,100 kWh → £240 → 28 kg CO<sub>2</sub>

 Roof: ~1,500 kWh → £325 → 38 kg CO<sub>2</sub>

 Floors: ~700 kWh → £150 → 18 kg CO<sub>2</sub>

 Draughts: ~700 kWh → £150 → 18 kg CO<sub>2</sub>

### Key Takeaway

Insulation can cut heat loss by half, saving a Jersey household:

 ~£1,300 per year

 ~150 kg CO<sub>2</sub> per year

 **Stop heating the street — invest in insulation!**



## Switch to LEDs




LED bulbs use up to 80% less energy than traditional bulbs.

### Energy Savings from Switching to LED Bulbs in a Typical Jersey Home


#### Lighting Use in a Typical Home

-  Around 12 bulbs in use
-  Used on average 3 hours/day




#### Annual Energy Use

-  Incandescent (60W) → ~790 kWh/year
-  LED (9W) → ~120 kWh/year
-  Energy saved: ~670 kWh/year

#### Annual Cost Impact (at 21.66p/kWh)

-  Incandescent: ~£170/year
-  LED: ~£25/year
-  Savings: ~£145/year

#### Carbon Impact (25 g CO<sub>2</sub>/kWh)

-  Incandescent: ~20 kg CO<sub>2</sub>/year
-  LED: ~3 kg CO<sub>2</sub>/year
-  Carbon saved: ~17 kg CO<sub>2</sub>/year

#### Key Takeaway

Switching to LED bulbs in a typical Jersey home can save every year:

-  ~670 kWh energy
-  ~£145
-  ~17 kg CO<sub>2</sub>

 A simple swap with big savings!





# ❄️ Turn Down Heating Thermostat

## 🌡️ Turn Down 1°C – Save Energy at Home (Jersey)

🔑 The 10% Rule

Lowering your thermostat by just 1°C can cut heating energy use by around 10%.

### 🏠 Typical Jersey Home Scenarios

#### 1. Modest Electric-Heating Home

- 📦 Energy saved: 600 kWh/year
- 💷 Money saved: ~£130/year
- 🌍 CO<sub>2</sub> saved: 15 kg/year

#### 2. Typical Full Electric-Heating Home

- 📦 Energy saved: 1,200 kWh/year
- 💷 Money saved: ~£260/year
- 🌍 CO<sub>2</sub> saved: 30 kg/year

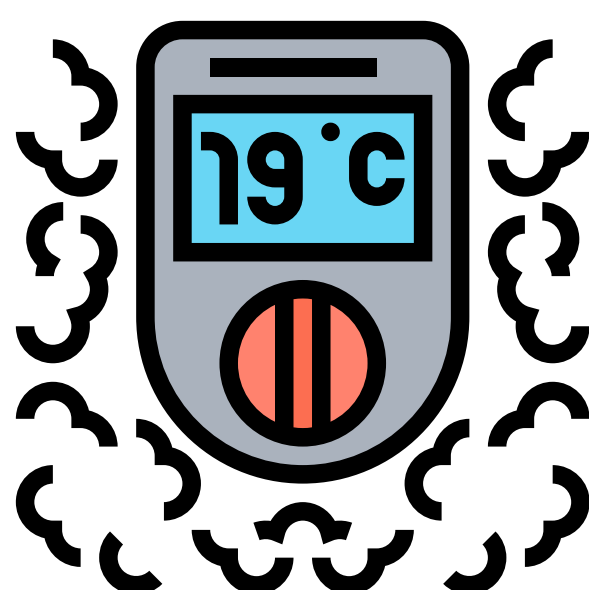
#### 3. Home with Heat Pump

- 📦 Energy saved: 400 kWh/year
- 💷 Money saved: ~£87/year
- 🌍 CO<sub>2</sub> saved: 10 kg/year

### ✅ Key Takeaways

- Turning down by 1°C saves £80–£260 per year depending on heating system & usage.
- Jersey electricity is low-carbon, so CO<sub>2</sub> savings are smaller than in the UK – but the money savings are big!

✨ **A small change on the thermostat = real savings for your wallet and the planet.**



# Use Shower Instead of Bath

## Bath vs Shower: Which Saves More?

### Bath (100 L hot water)

- 100 litres
- ~3.5 kWh
- ~£0.75
- ~0.6 kg CO<sub>2</sub>

### 5-min shower (10 L/min)

- 50 litres
- ~1.7 kWh
- ~£0.35
- ~0.3 kg CO<sub>2</sub>

### Savings (per swap)

- 50 L water
- 1.8 kWh
- ~£0.40
- ~0.3 kg CO<sub>2</sub>


 One shower saves enough energy to power a laptop for ~20 hours!

**At Jersey electricity rates (21.7p/kWh, 2025):**

 **\*\*£100 per year saved\*\***

### Carbon Impact

- Electric water heating (Jersey Electricity is mostly low-carbon nuclear/renewable imports, but assume UK average grid for comparison):
- 470 kWh saved ≈ ~100 kg CO<sub>2</sub> avoided per year

 **So: short showers (5 min, efficient shower head) can use about half the energy of a bath. The longer the shower, the closer it gets to bath levels — so the big win is keeping showers short.**



# Wash your Clothes In Cold Water

## 👕 Hot vs Cold Wash — Energy Savings in a Typical Jersey Home

### ⚡ Energy Use per Wash

- 🔴 Hot Wash (60°C) → ~1.5–2.0 kWh
- 🟡 Warm Wash (40°C) → ~1.0–1.2 kWh
- 🟢 Cold Wash (20°C) → ~0.2–0.3 kWh

### 📊 Annual Impact (220 washes per year)

- 🔴 Hot (60°C) → 📦 ~370 kWh → 💷 ~£80 → 🌍 ~9 kg CO<sub>2</sub>
- 🟡 Warm (40°C) → 📦 ~220 kWh → 💷 ~£48 → 🌍 ~5 kg CO<sub>2</sub>
- 🟢 Cold (20°C) → 📦 ~55 kWh → 💷 ~£12 → 🌍 ~1 kg CO<sub>2</sub>

### ✅ Annual Savings

- 🔴➡️🟢 Switching Hot → Cold:  
📦 Save ~315 kWh → 💷 ~£68 → 🌍 ~8 kg CO<sub>2</sub>
- 🟡➡️🟢 Switching Warm → Cold:  
📦 Save ~165 kWh → 💷 ~£36 → 🌍 ~4 kg CO<sub>2</sub>

### 🌟 Key Takeaway

Washing at cold temperatures can cut laundry energy use by 70–85%, saving every year:

- ⚡ up to 315 kWh
- 💷 ~£70
- 🌍 ~8 kg CO<sub>2</sub>

👉 Cooler washes = cleaner savings!




# Stop Using Your Tumble Dryer

## Drying Clothes: Tumble Dryer vs Clothes Horse/Washing Line

### Tumble Dryer (per load)

 3 kWh

 ~£0.90

 0.6 kg CO<sub>2</sub>

### Clothes Horse (per load)

 0 kWh

 £0

 0 kg CO<sub>2</sub>

### Annual Impact (150 loads)

450 kWh saved

~£135 saved

~90 kg CO<sub>2</sub> avoided

 Air drying is free, eco-friendly, and kinder to your clothes!

## Air Drying vs Tumble Dryer — UK vs Jersey

### Tumble Dryer (per year, 150 loads)

Energy use: ~450 kWh

Cost: ~£135

CO<sub>2</sub> in UK: ~90 kg

CO<sub>2</sub> in Jersey: ~18 kg

### Clothes Horse / Line Drying (per year)

Energy use: 0 kWh

Cost: £0

CO<sub>2</sub> in UK: 0

CO<sub>2</sub> in Jersey: 0

### Annual Savings (UK vs Jersey)

Location	Energy	Money	CO <sub>2</sub>
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UK	450 kWh	~ £135	~ 90 kg
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Jersey	450 kWh	~ £135	~ 18 kg
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 Big savings in both places — but in Jersey, the benefit is mainly financial (thanks to low-carbon electricity).










# Download the JE App

## Save Energy with the Jersey Electricity (JE) App

### How the JE App Helps You

-  **Track Your Usage**
  - See your daily, weekly, and monthly energy use.
-  **Spot Savings**
  - Identify when and where you're using the most electricity.
-  **Smart Alerts**
  - Get reminders and tips to cut waste and lower bills.
-  **Carbon Awareness**
  - Monitor your CO<sub>2</sub> impact and see how small changes help.
-  **Manage Your Account**
  - View and pay bills, check balances, and manage your tariff.

### Download the JE App

- Apple App Store: [Download for iOS](#)
- Google Play Store: [Download for Android](#)

### Key Takeaway

The JE App puts control in your hands:

-  Save energy
-  Cut bills
-  Reduce carbon

 **Track, manage, and save — right from your phone!**



# Carbon Impact

## Jersey Electricity vs UK Grid – Carbon Impact

### Carbon Intensity

- ✖ Jersey Electricity: ~25–40 g CO<sub>2</sub>/kWh
- 🇬🇧 UK Grid: ~200 g CO<sub>2</sub>/kWh
- 🏠 Typical Home Usage (~4,000 kWh/year)

### Jersey

- 🔋 4,000 kWh
-  ~120 kg CO<sub>2</sub>/year

### UK

- 🔋 4,000 kWh
-  ~800 kg CO<sub>2</sub>/year

### ✅ Key Takeaway

- Using electricity in Jersey produces ~85% less CO<sub>2</sub> than the UK.
- Most energy-saving measures in Jersey will save money first, with smaller carbon savings.

✨ **Cleaner grid, lower carbon footprint!**



### More Information About Energy Saving

#### The Energy Blog from JE

<https://www.jec.co.uk/the-energy-blog/?topic=Sustainability&pageNumber=1>

#### Turn it Off Campaign

<https://www.gov.je/Environment/Ecoactive/Campaigns/Pages/TurnItOff.aspx>

#### The Energy Trust - Energy Ratings

<https://energysavingtrust.org.uk/advice/home-appliances>