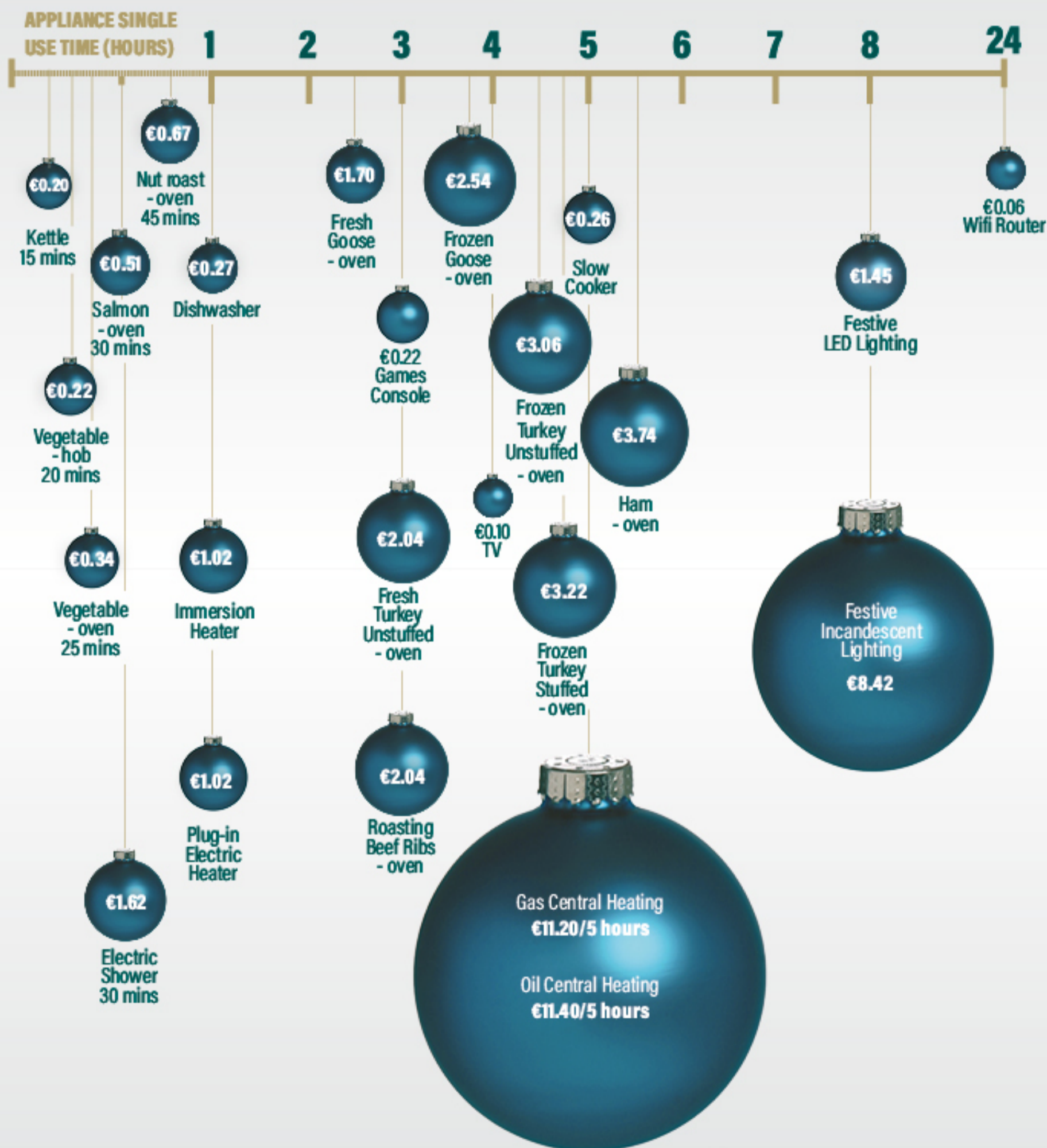


STAY WARM AND WELL

Enjoy a warm, safe and happy Christmas.

A lot of energy goes into preparing for Christmas. Think of all the shopping, cleaning and decorating we do. But we also spend a large amount of energy using our domestic appliances at this time of year, whether it's cooking the Christmas dinner, lighting up the house or guests using the shower. The handy graph below illustrates the use of energy in our homes over the Christmas period – and how much it actually costs us. Being mindful of when we use appliances, and for how long, can conserve energy and help lower bills. We can all do our bit to reduce our use, while still enjoying a warm, safe and very happy Christmas.



For more information on available supports and energy saving advice, visit gov.ie/ReduceYourUse

STAY WARM AND WELL

Tips to save energy during the Christmas season

- Put your Christmas lights on a timer, and switch them off if you're not at home.
- Prep and plan your menu, cooking preferences and times to minimise using multiple appliances.
- Consider defrosting your meat before cooking – give yourself enough time to ensure it's fully defrosted – it can take up to 24 hours for every 2.5kgs of turkey to defrost. Frozen poultry or meat should always be defrosted on the bottom shelf of your fridge, in a dish or tray to catch any liquids.
- Consider using a roasting bag for your meat as they can speed up cooking times. Always check that meat and poultry are fully cooked before serving.
- Turn the heating down in the kitchen when you're cooking, warmth will be given off from your oven.
- Cook multiple things at one time to get efficient use of your oven, but remember that multiple items may take longer to cook, the more full your oven is.
- Match up your trays, pots and pans to the food that you are cooking.
- Large pans take more energy to heat: Use the right sized saucepans for your Christmas dinner. Boil water in your kettle first. Heating cold water on the hob takes longer.
- Turn off the oven early: Turn it off a few minutes before the food finishes cooking. The oven temperature will remain the same so the food will still cook without the oven using more energy. Always check that turkey and other meats are fully cooked before serving. Avoid repeated opening and closing of the oven door as that allows heat to escape.
- Keep hob clean: Food that sticks to the hob rings will make them less efficient.

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