

Slash Your Heating Costs

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

Lots of Ideas

Move to a smaller room that is less costly to heat. If you have a TV in the bedroom, go to bed early. If you have a dog or a cat, nurse it.

Have hot drinks.

If you have an old fur coat in the wardrobe, drape it over the armchair with the fur up, and sit (or lean) on that. (Don't worry about wear and tear on the coat because the fur is better off being pushed around rather than being left hanging in a cupboard for years.)

Wear a beanie.

Wear 'leper' gloves (if you don't have any, get an old pair and chop off the tops of the fingers so you can do basic tasks without removing the gloves - such as working the TV remote control).

When shopping, I wear a pair of knitted gloves that have the thumb and first finger removed - that way I can handle money and other small items such as door keys without removing my gloves. They are wonderful.

If you have a bath and put on your nightie and dressing gown and then stay up for a while, make sure you wear pants as well to keep out the drafts.

If you get cold hands in bed, take a spare pillowcase to bed with you and put your hands inside - it satin ones feel good.

If you are middle aged and get hot flushes, do jobs that require going out in the cold when you get a hot flush and then you don't feel the cold - eg if you have to put the rubbish outside, wait till you feel the flush coming and then run out to the bin with the bag of rubbish.

All these ideas were contributed by Meredith Lyons

Snuggle Up

I find the best way to keep warm is a cup of tea, a hot water bottle and snuggling up on the couch with my boyfriend. -

Contributed by Linda Davidson



Dress Warm

Wear a hat, such as a beanie, indoors as well as outside - a great deal of body heat is lost through the top of the head, and a warm hat helps significantly to keep that heat in!

Contributed by Linda Stack-Hawkley

Seal Up Leaks

When you have the heating on, make sure all the doors around the house are closed. We have our ducted heating set at just 19 degrees with a maximum of 3 vents closed (to rooms we barely use) and our home is toasty!! Also your energy provider will quite happily send out a list of tips on how to conserve your gas and electricity. All it takes is a simple phone call and request. And don't forget big pots of thick soup made from cheap in season vegetables to keep you warm, healthy and trim.

Contributed by Tara Cantillon

Get Hot Ironing

I find a great way to stay warm on a cold day is to do the ironing. It warms me up and gets some housework done at the same time

Contributed by Jodi



Hot Air

My kid's bedroom is off the laundry so during winter I hang clothes up in the laundry and put a load in the dryer. Not only does it help to dry the clothes that are hanging around but it also warms the boy's bedroom. Although using the dryer isn't cheap I feel that it is more economical and safer than having a heater in a room with small children. -*Contributed by Pam Carr*

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