



Money Matters
Durham County Carers Support

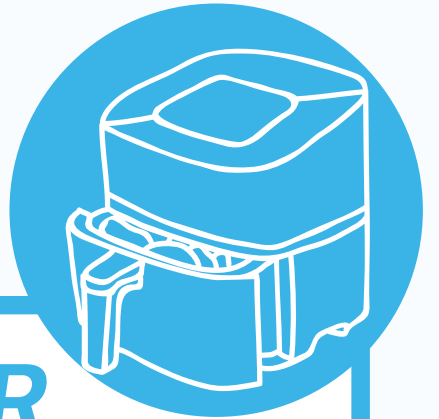
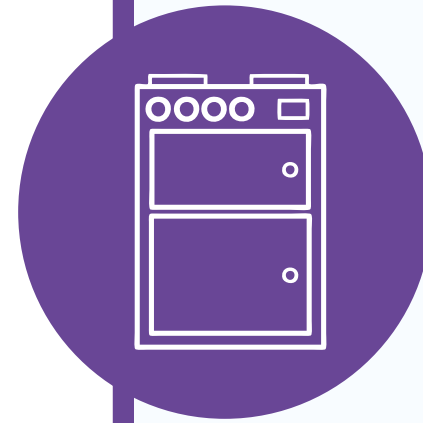
INFORMATION & ADVICE

Money Matters

cooking comparisons

CHICKEN DINNER

"my smart meter showed that cooking a dinner for a family of 4 in my oven cost £8.20"

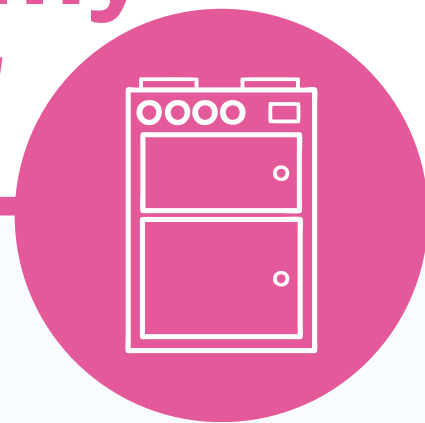


CHICKEN DINNER

"my smart meter barely changed when I cooked a dinner for 4 using my slow cooker and air fryer, ONLY £1.10"

MINCE & DUMPLINGS

"mince and dumplings cooked in the oven cost £6.80 according to my smart meter"



MINCE & DUMPLINGS

"mince & Dumplings in my slow cooker only made my smart meter increase by ONLY 58p"



HOW DO YOU COOK?

Changing how you cook could save you a fortune.

Saving energy = SAVING MONEY

(click here for the energy cost calculator)

