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With rising living costs and gas and electricity at an all time high, keeping your gas bill manageable seems like a diminishing possibility, but it can be done. The first thing to think about is the possibility of changing your gas and electricity supplier.

Energy smart meters are a great tool to help you become more energy efficient. Smart meters keep a running record of a household's gas and electricity usage and allow you to see at a glance how much energy you are using and what it is costing you. This means no nasty surprises when the bill comes in. It also means you can see the immediate effects of switching off energy using devices, which is a great motivation to be energy efficient.

A huge part of being energy efficient, is changing your habits when it comes to using energy. Being smart about heating and cooling your home can have huge energy saving benefits. Clean your air filters regularly, and have your heating and cooling systems checked annually to ensure they are working at their optimum. Only heat and cool the parts of your home you use regularly and use your blinds and shutters effectively to allow the warm sunshine inside in winter and keep the hot air out in summer.

Other changes you can make in your energy habits include cutting your shower time to save on hot water, not leaving shower and kitchen fans running that can expel climate-controlled air and also dressing appropriately for the weather when inside, if it's cold, put a sweater on before reaching for the heater.

There are also a number of physical changes you can make to your home to reduce your gas needs. Improving your home's insulation and sealing any leaks is a big energy saver. This doesn't just mean insulating the walls and sealing gaps around windows. Consider insulating exposed hot water pipes, insulating forced air ducts running through unconditioned spaces and improving the insulation on window drafts using curtains and shutters effectively.

Installing alternative energy methods such as solar hot water systems and using energy star appliances, as well as water saving showerheads are also top ways you can cut down your gas costs. If you aren't sure where to start, look into a home energy audit, which your gas supplier will usually be happy to conduct.

As well as cutting back on your usage, cutting your gas prices at the source, with your supplier, will ensure you are making maximum savings.

When was the last time you explored the possibility of money-saving deals and tariffs with other suppliers? If you haven't changed supplier for the past few years, you could be missing out on a deal that could shave hundreds of pounds off your energy bill.

Fortunately, switching energy companies is easier than it has ever been before, as is shopping around for good deals using online price comparison websites. This means with a little time and research, you could switch to cheaper gas prices and guarantee further savings. It's also a good idea to call your existing gas supplier and see if they can offer you a better deal as an incentive to stay.

It's true; the cost of living is rising, but if you are savvy about your energy usage and take steps to

find the best deal on your gas and electricity costs, keeping your energy bill manageable is possible.

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[Sean Burke](#) - About Author:

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