

## The old and the new

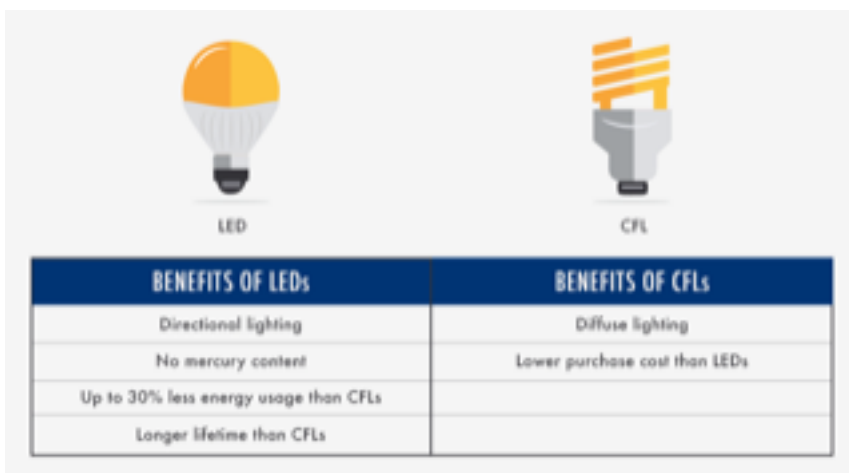
Traditional incandescent light bulbs are still available and generally cheaper than low energy bulbs, but most households use a mix of different types of bulb - old incandescent, LEDs and Compact Fluorescent Lamps (CFLs). And as the price of LEDs and CFLs comes down, so islanders are increasingly choosing the newer, more environmentally friendly bulbs.



## Low energy options

Household lighting makes up a significant proportion of your electricity bill. Up to 10% of your annual energy costs may be attributed to lighting, making it well worth using these lower cost alternatives. But which should you choose?

The reality is that both LEDs and CFLs use considerably less energy than old incandescent bulbs and can cut your lighting costs by up to 85%. Each have their strengths and are suited for different situations, so here's a quick guide to help you choose which is best for you.



## The environment

LEDs last longer, use less energy and do not contain mercury, making them more environmentally friendly than CFLs. This does not mean that you should never choose to use CFLs, which still use considerably less energy than incandescent bulbs.

## Cost

CFLs are generally cheaper than LEDs, although the price of LEDs is decreasing and they generally last longer.

Extract from [www.jec.co.uk](http://www.jec.co.uk)