

## KEEP YOUR ELECTRICITY BILLS DOWN THIS WINTER WITH THESE COSY TIPS.

As the weather cools down across Australia, it can be tempting to swap out your air-conditioning or fan with heating. While heating is a necessity in colder parts of Australia, taking some simple steps to keep yourself and your home warm this winter could see you using less heating and saving on your electricity bills. Try these easy tips to stay cosy this winter while keeping your electricity costs low.

### Close windows and doors after dusk

As the sun goes down for the day, the weather naturally cools. To ensure your home doesn't get too cold as the sun sets, make sure you don't leave too many doors and windows open around your place. In winter, leaving one secure window open in a central living area or your bedroom for fresh air overnight is often enough.

### Keep curtains open during the day

When the sun is shining during the day, leave the curtains open in south-facing rooms to let heat from the sun stream into your home.

### Bundle up

One of the cosiest parts of winter is wearing warm jumpers and curling up on the couch for a good movie or book. Keep your go-to warm jumpers, socks, and throw blankets easily accessible so you can warm up without putting the heating on or needing to turn your heating up too high.

### Be mindful of cold coming through your floors

In winter, the cold can often come up through the floors of your home especially if your floor coverings are tiles, laminate, or timber. Make sure you wear thick socks and slippers to keep your feet warm. You can also insulate your floor and minimise the amount of cold coming up into your home by adding a rug to your living area.



### Switch your ceiling fans

Ever noticed a small switch on your ceiling fans and wondered what it was for? These switches can be turned onto summer or winter mode. In summer mode, your ceiling fan will rotate counter-clockwise to push hot air up. In winter mode, your ceiling fan will rotate clockwise to keep heat inside rooms. Try using your ceiling fan on a low setting in winter mode to keep hot air inside your rooms.

### And, if you really need your heater...

Try to use heating in the rooms you use. If you know you'll mostly spend time in your lounge area and bedroom, heat those areas and leave the doors to other parts of your home closed so your heating system or space heater doesn't need to work too hard.

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## WHO IS THE AVERAGE AUSTRALIAN RENTER?

Ever wondered who makes up Australia's population of renters? Based on ABS data and research from Rent.com.au, the key trends and demographics of renters around Australia have been identified. This research found the average renter in 2018 is a 34-year-old female, earns around \$66k per year and lives with 2.4 people. The average renter sends an average of five enquiries or applications throughout her property search.

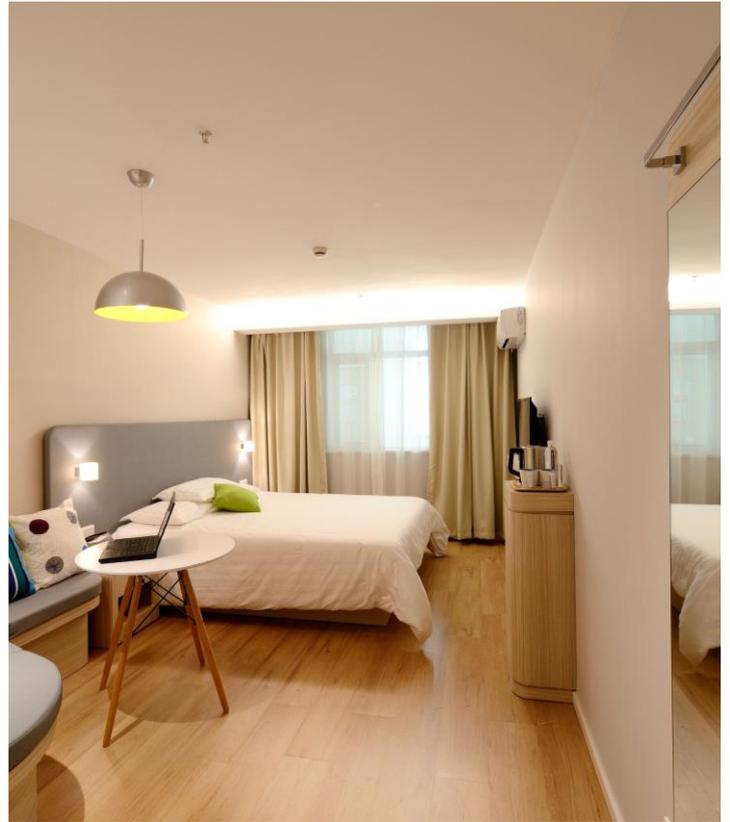
The Northern Territory is home to renters with the highest income of all states and territories at an average of \$72k per year. In contrast, Tasmanian renters earn an average of \$45k per year.

The oldest renters in Australia are in Queensland with the average age of renters about 35 years old, while Tasmania has the youngest renters at 32.8 years old. Tasmania also has the highest number of renters aged 15 to 24 years of age, while the highest number of 24 to 34-year-old renters live in Victoria.

Compared to Australia's broader population, renters are typically in the younger age ranges with renters under 35 years old making up more than 60% of Australia's renters. Over 30% of renters are between 25 and 34 years old and 28% of renters are between 15 and 24 years old.

Based on this research and ABS data, New South Wales has the highest proportion of renters at 30.8% — hardly surprising as the cost of property in Sydney maintains its high prices. Queensland has the next highest proportion of renters at 26.4%. The lowest percentage of renters are in Tasmania and the Australian Capital territory at 1.6% and 0.9% respectively.

Across all employment types — employed, retired, student, and between jobs — employed renters earn an average of \$73,761 per year. This is higher than the other employment types and is also above the Australian average of \$66,643.



**FOR RENT!**  
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**Available June 15<sup>th</sup> 2018.**

# WARM CARROT AND PUMPKIN SALAD



Continue with the healthy ingredients from your favourite summer salads as the weather starts to cool with this warm carrot and pumpkin salad from [taste.com.au](http://taste.com.au).

Serves: 4

Prep time: 5 minutes

Cooking time: 25 minutes

## Ingredients:

500g butternut pumpkin diced  
 1 bunch Dutch carrots, ends trimmed  
 2 tablespoon olive oil  
 1 orange, zested, juiced  
 1 tablespoon wholegrain mustard  
 1 tablespoon Coles Finest Maple Syrup  
 1 tablespoon apple cider vinegar  
 250g pkt cooked baby beetroot, quartered  
 200g pkt Coles Crunchy Combo Sprouts  
 1/2 cup (80g) whole almonds, toasted, coarsely chopped  
 400g can lentils, rinsed, drained  
 1 cup flat-leaf parsley leaves

## Directions:

**Step 1:** Preheat oven to 200C. Line a baking tray with baking paper. Arrange the pumpkin and carrots on tray and drizzle with 2 teaspoons oil. Season. Roast, turning occasionally, for 20-25 mins or until pumpkin is tender.

**Step 2:** Meanwhile, place orange zest, orange juice, mustard, maple syrup, vinegar and remaining oil in a screw-top jar. Shake well. Season.

**Step 3:** Arrange the pumpkin mixture, beetroot, sprouts, almond, lentils and parsley on a serving platter. Drizzle with the dressing.

**Optional:** pair with your favourite protein like a chicken fillet, some steak, or tofu for a filling and healthy meal.



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