

# WAYS TO SAVE MONEY AND ENERGY

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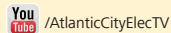
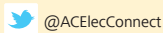
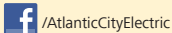
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**Find more than 80 tips to help you  
save money and energy in your home.**

Everyone is looking for ways to save money and energy around their home. This brochure includes a variety of tips to help you save throughout your entire house, as well as rooms where energy is used the most.

## SAVE THROUGHOUT YOUR HOME

### YOUR HEATING SYSTEM

- Set your thermostat at 68 degrees F during the day and 60 degrees F at night, if health permits. You can save three percent on your heating costs for every degree you reduce the temperature below 70 degrees F for the entire heating season. Special advice to heat pump owners: Heat pumps need to stay at a constant setting. Check with your heating or air conditioning contractor to determine the type of thermostat you have.
- Keep your heating equipment well-tuned with periodic maintenance by a professional service representative.
- Weatherize your home by weatherstripping or caulking around doors and windows. This will help keep heat from your system inside the home.



Open your blinds during the day in the winter to let warm sunlight into your home and close them at night. Close the blinds in the summer to keep cool air inside.

- Spend large portions of time in low-power mode to not only save energy, but also to help equipment run cooler and last longer.
- Use the power management settings on computers and monitors for significant savings. It is a common misconception that screensavers reduce a monitor's energy use. Use automatic switching to sleep mode or simply turn it off.
- Consider buying a laptop for your next computer upgrade; laptops use much less energy than desktop computers.
- Use smart power strips and surge protectors to save energy and to be able to shut down multiple items quickly.
- Purchase a good selection of high quality rechargeable batteries and a charging unit. You'll save money in the long run and keep hazardous materials out of our environment. Use rechargeable batteries for products like cordless phones and digital cameras; studies have shown they are more cost-effective than disposable batteries.
- Unplug battery chargers when the batteries are fully charged or the chargers are not in use.



Reduce phantom load or vampire draw—all of those chargers that are plugged in but not charging anything at the moment. Chargers use energy when not being used, so unplug them until needed. Put computers to sleep and learn how to activate the power management features on your computer.

**Front Cover Tip:** Raise your AC thermostat setting a few degrees in the summer and lower the thermostat setting on your heater a few degrees in the winter to reduce energy use.

- Fill washers and clothes dryers, but do not overload them.
- Place a dry towel in the dryer with each load of wet clothes to absorb dampness and reduce drying time.
- Save energy needed for ironing by hanging clothes in the bathroom while you're bathing or showering. By doing so you can steam some wrinkles out and cut down on ironing time. If possible, iron a large load of clothes at a time.

### **BATHROOM ENERGY SAVERS**

- Take showers rather than baths, but limit both your showering time and the water flow to save energy.
- Install a low-flow showerhead. This saves a considerable amount of hot water and the energy used to produce it.
- Use low-flow showerheads in all showers and faucet aerators in bathroom sinks.
- Don't let water run while shaving or brushing your teeth. This wastes hot water and the energy used to heat it.

### **HOME OFFICE AND ELECTRONICS TIPS**

- Select energy-efficient office equipment and turn off machines when they are not in use as this can result in significant energy savings.
- Use an ENERGY STAR-labeled computer which can save 30-65 percent more energy than computers without this designation, depending on usage.
- Put your laptop AC adapter on a power strip that can be turned off (or will turn off automatically) to maximize savings; the transformer in the AC adapter draws power continuously, even when the laptop is not plugged into the adapter.

- Clean or replace the filter in your forced-air heating and cooling systems each month. Foam filters can be rinsed with water, but be sure they are dry before replacing. Fiberglass filters need to be replaced periodically.
- If you have a simple open masonry fireplace, consider installing a glass screen, a convective grate, a radiant grate or a fireplace insert. They'll help cut down on the loss of warm air through the fireplace chimney.
- Check the duct work for air leaks about once a year if you have a forced-air heating or central air conditioning system. To do this, feel around the duct joints for escaping air when the fan is on. Relatively small leaks can be easily repaired by covering holes or cracks with duct tape. More stubborn problems may require caulking as well as taping.
- Keep lamps or television sets away from the thermostat. Heat from these appliances is sensed by the thermostat and could cause your furnace to shut off sooner than is needed for adequate warmth.

### **YOUR COOLING SYSTEM**

- Be sure the air conditioner is fully charged with refrigerant so it operates efficiently and keep your cooling system well-tuned with periodic maintenance by a professional service representative.
- When selecting a central air conditioning unit, be sure to choose one with the proper capacity and highest efficiency; don't oversize it.
- Choose a central air conditioning unit or room air conditioning unit that uses a minimal amount of electricity. High Seasonal Energy Efficiency Ratios (SEERs)—such as 17.0 SEER and above—correspond with greater efficiency.
- Keep lights low or off when not needed. Electric lights generate heat and add to the load on your air conditioner.

- Plant shade trees strategically around your home. Properly selected and planted shade trees can save money on your average annual electric bill.
- Install a whole-house ventilating fan in your attic or in an upstairs window to help air circulate in your home. Although not a replacement for a central air conditioning system, a fan is an effective way to stay comfortable on milder days. Remember to cover and insulate it during the winter to prevent heat loss.



**Consider using a ceiling fan with your window air conditioner to spread the cooled air to other rooms. Be sure however that the air conditioner is large enough to help cool the additional space.**

- Keep lamps or television sets away from the thermostat. Heat from these appliances is sensed by the thermostat and could cause your system to run longer than necessary.
- No matter what kind of central air conditioning system you have, clean the outside condenser coil once a year. To clean, turn off the unit and spray the coils with water at a low pressure. High water pressure may bend the fins. Try to spray from the top of the unit down and outward.
- Use vents and exhaust fans to pull heat and moisture from the attic, kitchen, bath and laundry directly to the outside, if you don't have air conditioning.

### WATER HEATING

- Buy a high efficiency water heater. When you need a new water heater, purchase a unit with a high Energy Factor (EF) rating. EF ratings such as those of 91 and above correspond with greater efficiency. The higher the EF rating, the more efficiently the unit will operate.

- If possible, don't place your refrigerator or freezer in direct sunlight or near the stove. Heat will cause the unit to use more energy to stay cold.



**Make sure your refrigerator door seals are airtight. Test them by closing the door on a piece of paper or dollar bill so it is half in and half out of the refrigerator. If you can pull the paper or dollar out easily, the hinge may need adjustment or the seal may need to be replaced.**

- Recycle old fridges since new refrigerators can save up to 50 percent of the energy needed to keep food and other perishables at the proper temperature.
- Vacuum refrigerator coils at least every three months. The dirt buildup makes the refrigerator use more energy to keep contents cool.

### LAUNDRY ROOM TIPS

- Place the washer close to the water heater also. Water loses heat as it flows through pipes. When the washer is located near the water heater, hot water doesn't have to travel as far to reach the washer, and less heat is lost. Insulating the pipes between the water heater and washer helps retain heat.
- Wash clothes in warm or cold water. Rinse in cold water.
- Clean the lint screen after each load of laundry and check the exhaust regularly. A lint screen in need of cleaning and a clogged exhaust can lengthen drying time and increase the amount of energy used.
- Save energy by using a clothesline. Drying clothing and other laundry items outdoor reduces the energy needed to run a traditional clothes dryer.

- Use pressure cookers and microwave ovens if you have them. They save energy by reducing cooking times.
- Avoid using the broiler; it is a big energy user.
- Clean or replace air filters. Replace filters on exhaust hoods, humidifiers, vacuums, etc. Clogged filters impair performance and cause units to run longer and use more energy.
- If you use a gas stove, keep your burners clean to ensure maximum efficiency. Blue flames mean good combustion; yellow flames mean service may be needed to ensure the gas is burning efficiently.
- Use a dishwasher instead of handwashing. It uses half the amount of water and can save up to 5,000 gallons of water a year.
- When buying a dishwasher, look for an energy-efficient model with air power and/or overnight dry setting. These features automatically turn off the dishwasher after the rinse cycle. This can save you up to 10 percent of your dishwashing energy costs.
- Don't use the "rinse-hold" on your machine for just a few soiled dishes. It uses three to seven gallons of hot water each time you use it.
- Clean the filter. If your dishwasher has a filter screen, clean it regularly. A clean appliance runs more efficiently.
- Set the refrigerator thermostat at 38 degrees F for fresh food compartments and 5 degrees F for freezer compartments. A small thermometer placed in the refrigerator or freezer will help you set it correctly. Separate freezers for long-term storage should be kept at zero degrees F. Open the refrigerator or freezer door only when necessary, and don't hold it open any longer than necessary.
- Regularly defrost manual-defrost refrigerators and freezers. Frost buildup increases the amount of energy needed to keep the refrigerator at its proper temperature. Never allow frost to build up more than one quarter of an inch.

- Purchase a hot water heater of the correct size. Consider your family's hot water needs: If your water heater is too large, it uses more energy than needed. If it is too small, you may run out of hot water.
- Insulate the outside of your electric water heater with an insulation blanket to reduce heat loss. Also insulate water pipes with half-inch foam or pipe tape for insulation wherever pipes are exposed. On cold water pipes, insulate four to five feet nearest to the water heater.
- Install your water heater near the kitchen—the kitchen is where you use the hottest water. When the water heater is located near the kitchen, hot water doesn't have to travel as far and less heat is lost. Be sure to check your manufacturer's instructions for minimum hot water heater and dishwasher water temperatures.

### SEALING AIR LEAKS

- Install storm windows. Combination screen and storm windows (triple-track glass combination) are the most convenient because they can be opened easily when there's no need to run heating or cooling equipment.
- Use duct tape to seal the cracks between each section of an air duct on your central air conditioning or forced-air heating system.
- Insulate your attic floor or top floor ceiling to a minimum of R-49 for these spaces. R-values indicate the resistance of an insulation material to heat flow. The higher the R number, the more effective the insulating capacity. R-values appear on the packages of insulation materials.



**Test windows and doors for airtightness. Add weather stripping and caulk where necessary. You can save 10 percent or more in annual energy costs.**

- Don't insulate over eave vents, on top of recessed lighting fixtures, or other heat-producing equipment on the attic floor. Also keep insulation at least three inches away from the sides of these types of fixtures.
- Insulate heating and cooling ducts in unheated or uncooled areas.
- Don't let air seep into your home through the attic access door. Check the door to make sure it is well insulated and weatherstripped—otherwise, you'll be wasting fuel to heat or cool the attic.

### ENERGY EFFICIENT LIGHTING

- LED bulbs are another energy efficient choice for indoor and outdoor lighting. They use about 90 percent less energy than traditional incandescent bulbs, and produce an intense white light making them ideal for spot, flood and security lighting.
- Turn off lights in any room not being used, even if your absence will only be momentary.
- When using incandescent bulbs, use the lowest wattage possible. In many cases a lower wattage bulb can be substituted for the one currently being used.
- Light-zone your home to save electricity. Concentrate lighting in reading and work areas, and where it's needed for safety such as in stairwells. Reduce lighting in other areas, but avoid very sharp contrasts.
- Consider installing solid-state dimmers. They make it easy to save energy by reducing the lighting intensity in a room.



**Consider using energy efficient lighting such as LED or compact fluorescent bulbs (CFLs). They use less energy and last longer than traditional incandescent bulbs.**

- Purchase holiday light strings that feature LEDs or light-emitting diodes. LED lights use 90 percent less energy than standard incandescent bulbs.
- Turn on outdoor lights only when needed, and install lights with motion detectors so they come on only when needed.
- Use timers, motion detectors, heat sensors or photocell controls for light fixtures when possible.
- Removing one light bulb from your garage door opener is a creative energy saving tip.

## SAVE IN ROOMS YOU USE ENERGY THE MOST

### KITCHEN ENERGY SAVERS

- Use cold water rather than hot to operate your food disposal. Cold water also helps get rid of grease by solidifying it, so it can then be ground up and washed away.
- Install an aerator in your kitchen sink faucet.
- Boil water in a kettle or covered pan as the water will come to a boil faster and use less energy.
- Keep range-top burners and reflectors clean. They will reflect heat better and you will save energy.
- Get in the habit of turning off the elements or surface units on your electric stove several minutes before completing the allotted cooking time. The heating element will stay hot long enough to finish the cooking without wasting electricity.
- Turn off the oven five to ten minutes before cooking time is up and let trapped heat finish the cooking. Avoid opening the oven door repeatedly to check food that is cooking—this allows heat to escape and results in the use of more energy to complete the cooking of your food. Instead watch the clock or use a timer.
- Don't preheat the oven unless absolutely necessary, and then for no more than ten minutes.