

## Home Energy Efficiency

### Save Money and Reduce Pollution

Are you sending too much of your money to the power company? Are you concerned about how pollution from power plants hurts your neighbors? Simple actions can make a big difference!

#### Heating & cooling average 30% of home energy usage.

- When you are not home, adjust your thermostat 2 degrees to the warmer (in summer) or colder (in winter). Every degree reduces your energy bill.
- Save significantly in the summer by getting used to a thermostat temperature of 78 degrees instead of 68 degrees. In the winter, aim for 68 degrees indoors. Make sure you are dressing for the weather with sweaters and slippers indoors. Learn how to get comfortable in this cute video: <https://community.sh/2ZnjUYv>
- In summer, try using a fan to stay comfortable instead of adjusting your thermostat. Turn it off when you leave the room. Fans only cool people – they don't cool empty rooms.
- Set your thermostat fan to AUTO instead of ON. Always avoid the EMERGENCY HEAT setting – it's the most expensive and wasteful.
- Close your blinds during summer days to keep direct sunlight out.

**Appliances are responsible for about 14% of home utility bills.** – Try these tips to reduce appliance energy drains:

- Use your washing machine for only full loads on the cold setting (save \$75 - \$150 a year). Cold water alone will thoroughly clean all but the dirtiest items (it's true - look it up!).
- Make sure your dryer's lint filter is cleaned after every load so it can run efficiently.
- Turn off heated dry on your dishwasher – air dry instead.
- When you replace appliances, select the ones labelled with Energy Star and Water \$ense to get energy savings throughout their lifetime.
- Do you have a garage fridge? Try unplugging it between parties. When not in use, unplug game systems or other electronics that are warm to the touch.



**Lighting averages 6% of home energy use.** Are you still using the kind of light bulbs that get really hot? –

- Buy efficient LED or CFL outdoor light bulbs for any flood lights – save up to \$50 /year.
- Turn off any outdoor lights during the day.
- Replace any “hot” lights with newer LED or CFL bulbs.

**Strange but true: utility companies often have efficiency programs for customers.** Don't leave good deals on the table! Call the customer service number for your electric, gas, and water company ask about efficiency offers.

- Many larger electric utilities offer free light bulbs, some offer basic energy inspections.
- Ask about “power saver” programs in which the electric company pays you to throttle back your water heater or air conditioning during times of peak demand. This also helps reduce pollution from new power plants.
- Ask if you are paying a premium to use electricity during peak demand. Then shift your activities to avoid that time of day.
- Water utilities often have rebates for customers who install low-flow toilets.

Be sure to safely dump any old CFL light bulbs – they contain mercury and cannot go in the regular trash.

**Learn How to Dispose of CFL Light Bulbs Here:**

<https://www.epa.gov/cfl/recycling-and-disposal-after-cfl-burns-out>

