

Energy Savings Checklist

COOKING & PLUG-IN TIPS

- Use small pots, use stove burner smaller than pots, & keep lids on pots
- Use microwave instead of stove or oven when you can.
- Use glass or ceramic pans in the oven; they heat faster than metal.
- Don't let preheated oven sit empty unnecessarily & don't open oven door during cooking.
- Unplug phone chargers when not in use.
- Line dry your clothes instead of using the dryer.
- Wash only full loads of laundry.
- Use power strips to turn off computers & electronics when not in use so they are really off.
- Check outside dryer vent monthly to see if it is opening & closing freely.

HEATING & COOLING TIPS

- Adjust your thermostat, especially when you are out of your house or asleep.
- Open shades in winter during the day to let warm sun in, close them at night to keep heat in.
- Close shades in summer during the day to keep warm sun out.
- Move furniture, rugs, & drapes from heat registers, & put seating away from drafty windows.
- Close the damper & doors on your fireplace when not in use.
- Fans cost less than air conditioning, so use them in the summer.
- Move lamps & TVs away from air conditioner; heat makes the air conditioner work more.
- Install a programmable thermostat & set the temperature to vary during the day and week.
- Get professional help to seal duct leaks & cracks in ceilings and floors.
- Insulate & weatherstrip the attic pull-down stairs.
- Insulate outlets on exterior walls.
- Plant shade trees on south and west sides of house.
- Install plastic over drafty windows, using inexpensive kit and hair dryer.
- Fit a piece of mattress foam into fireplaceflue to make it airtight when it's not in use.
- Replace furnace filter regularly. Dirty filters make the furnace work harder.

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HOT WATER TIPS

- Wash clothes in cold water & use cold water for garbage disposal.
- Take shorter showers & take showers instead of baths.
- Install low-flow showerheads and faucet aerators.
- Put an insulating blanket around your hot water heater IF it is electric.
- Insulate the pipes in and out of water heater BUT not near vent of gas heater.

LIGHTING TIPS

- Turn off lights in unoccupied rooms.
- Use daylight when possible.
- Keep bulbs clean so that you get the maximum light from each bulb.
- Use task lighting (e.g. lamp), rather than lighting the whole room.
- Replace incandescent bulbs with compact fluorescent or LED bulbs.

REFRIGERATOR TIPS

- Set the refrigerator temperature at 37-40 degrees F & the freezer at 0-5 degrees F.
- Keep the refrigerator coils clean. Dust makes the refrigerator work harder to cool food.
- Let food cool before putting it in the refrigerator.
- Keep the freezer full, even if you just fill it with containers of water.
- Reduce cooking time by thawing frozen foods in the refrigerator before cooking.
- Don't place your refrigerator next to your stove or other source of heat.
- If you can pull a piece of paper from a door with a rubber gasket, replace the gasket.