



# ENERGY SAVERS TIPS

100 WAYS TO SAVE ENERGY IN YOUR HOME

# LIGHTING

- ❑ TURN OFF LIGHTS WHEN YOU ARE NOT USING THEM.
- ❑ One 100-watt bulb left on all night costs about \$25 over twelve months.
- ❑ SWITCH FROM INCANDESCENT LIGHT BULBS TO COMPACT FLUORESCENT LAMPS (CFLs). With an incandescent bulb 90% of the energy used is wasted as heat – only 10% is converted to light. CFLs use about a fourth as much electricity and last ten times longer than incandescent bulbs, which can be especially useful in hard-to-reach fixtures, where you won't have to replace CFLs for about 5 years. The EPA estimates that a typical household would save \$80 each year by switching to CFLs throughout the house.
- ❑ PUT COMPACT FLUORESCENT BULBS IN HARD-TO- REACH FIXTURES. You won't have to replace them for about 5 years!
- ❑ REPLACE HALOGEN TORCHIERES WITH ENERGY STAR – LABELED COMPACT FLUORESCENT TORCHIERES.  
They're cheaper to operate and safer to use.
- ❑ KEEP BULBS CLEAN. Dust can cut light output by as much as 25%.
- ❑ CHECK SALES. Especially during National Energy Month – in October – stores often have sale prices on fluorescent bulbs.





# WATER

- ❑ **INSTALL A WATER-SAVING SHOWERHEAD.** They use one-third to one-half the water that regular showerheads use.
- ❑ **TURN THE WATER HEATER THERMOSTAT DOWN TO 120°F.** The water heater is the second-largest energy user in the home because you're charged for the water—and for heating it. However, if you have an older-model dishwasher that does not have a booster heater, you should probably leave the water heater set to 140°F. To check if your dishwasher has a booster heater, you can look at the literature for your dishwasher or call the manufacturer.
- ❑ **BUY A WATER HEATER FOR YOUR NEEDS.** If purchasing a new water heater, buy one that is no larger than required for your household needs.
- ❑ **TAKE SHORT SHOWERS.** They use less hot water than a bath.
- ❑ **REPAIR LEAKY WATER FAUCETS.** Thirty drops of water a minute can waste as much as 50 gallons a month.
- ❑ **INSTALL FAUCET AERATORS.** They will reduce the amount of water released.





# LAUNDRY

- ❑ **WASH LAUNDRY IN COLD WATER INSTEAD OF HOT.** Hot water only needs to be used for very dirty loads.
- ❑ **WASH AND DRY ONLY FULL LOADS.** The machine uses about the same amount of water whether you wash a full load or just one item.
- ❑ **CLEAN THE LINT FILTER AFTER EVERY LOAD.** Clogged filters drive up drying costs.
- ❑ **CHECK YOUR OUTSIDE DRYER EXHAUST VENT.** Make sure it opens and closes freely. If it doesn't close tightly, outside air is getting into your house through the dryer and you will need to replace the exhaust vent.
- ❑ **DRY CLOTHES OUTSIDE IN GOOD WEATHER.** Sunlight is free.
- ❑ **USE THE MOISTURE SENSOR FEATURE ON YOUR DRYER (if there is one).** This way, you won't over-dry your clothes.
- ❑ **BUY ENERGY STAR WASHERS AND DRYERS.** Qualified washers use about half the water and electricity of standard washers.



# DISHWASHING

## IF YOU USE A DISHWASHER

- WASH ONLY FULL LOADS.** It costs exactly the same to wash one dish as a whole load.
- AIR-DRY DISHES.** If the dishwasher has an air-dry feature, use it.
- FILL DISHWASHER WITH DETERGENT RIGHT BEFORE RUNNING.** Dry detergent may cake, while liquid detergent can leak.
- FILL THE DISHWASHER ACCORDING TO MANUFACTURER'S INSTRUCTIONS.** This will allow the flow of water to properly clean the dishes.
- USE ENERGY-SAVING CYCLES WHENEVER POSSIBLE.**
- USE WATER-TEMPERATURE BOOSTING FEATURE.** If the dishwasher has a booster heater, then you also can lower the temperature on your water heater. It takes less energy for the booster heater to heat the water needed to wash the dishes at 140°F than it takes to keep all the water in the water heater at 140°F. Check the dishwasher's manual for the recommended minimum water temperature.

## AND IF YOU WASH BY HAND

- Rinse dishes in groups rather than one at a time.
- Don't leave the water running.





# COOKING

- ❑ **USE TOASTER OVENS, CROCKPOTS, AND MICROWAVES.** When you are cooking small- to medium-sized meals, they use less energy than the stove or oven.
- ❑ **KEEP THE INSIDE SURFACE OF YOUR MICROWAVE CLEAN.** It will cook your food more efficiently.
- ❑ **USE THE SMALLEST PANS POSSIBLE.** It takes less energy to heat them.
- ❑ **USE LIDS.** They help the food cook more quickly by keeping the steam in the pot or pan.
- ❑ **CLEAN THE BURNER PANS ON YOUR STOVE.** When clean, they will reflect heat back up to pots and pans.
- ❑ **KEEP CONVENTIONAL OVEN-PREHEATING TIME TO A MINIMUM.** Only preheat if you are baking bread or pastries.
- ❑ **DON'T PEEK!** You lose heat every time you open the door or lift the lid.  
**KEEP RACKS CLEAR.** Foil on oven shelves blocks heat and costs money.
- ❑ **USE GLASS OR CERAMIC PANS IN OVENS.** They heat faster than metal pans—that's why brownie recipes call for 350°F, but 325°F for a glass pan.
- ❑ **REMEMBER: ALWAYS TAKE CARE WHEN COOKING.** It is the number-one cause of home fires in the United States.



# REFRIGERATOR

- ❑ **CHECK REFRIGERATOR TEMPERATURES.** You're losing money if they're lower than 37–40°F for fresh food and 0–5°F in your freezer. To check the temperature put one thermometer in a glass of water in the center of the refrigerator and another between packages in the freezer. Read them after 24 hours.
- ❑ **DEFROST MANUAL-DEFROST REFRIGERATORS.** Frost makes these models less efficient—and helps spoil food.
- ❑ **COVER AND WRAP FOOD.** Uncovered foods and liquids release moisture and drive up electricity costs.
- ❑ **CHECK THE REFRIGERATOR DOOR SEALS.** Close the refrigerator door on a piece of paper that is half in and half out of the refrigerator. If you can remove the paper easily without opening the door, you may need to adjust the door latch or replace the seals.
- ❑ **GOT A SECOND, OLDER REFRIGERATOR? UNPLUG IT!** Remember: It can cost about \$130 a year to keep it plugged in. And always remove the door when you unplug the refrigerator so that children cannot accidentally be caught inside.
- ❑ **BUYING A NEW REFRIGERATOR? GET AN ENERGY STAR MODEL.** Replacing a refrigerator bought in 1990 with a new ENERGY STAR model would save enough energy to light the average household for over four and a half months.



# SUMMER

- ❑ **INSTALL A PROGRAMMABLE THERMOSTAT.** Make sure it is programmed to automatically turn down the heating or cooling when you are not home and when you're sleeping.

## KEEPING COOL WITHOUT AIR CONDITIONING

- ❑ **USE FANS.** At night they help rid the house of the heat from the daytime sun.
- ❑ **CLOSE SHADES AND WINDOWS DURING THE DAY.** At night open windows opposite one another for cross-ventilation.
- ❑ **COVER YOUR WATERBED.** It may use as much electricity as your refrigerator. To save more than 30% of that cost, make the bed routinely and cover it with a comforter.
- ❑ **USE CEILING FANS.** They make people feel about four-degrees cooler than the actual temperature.

## KEEPING COOL WITH AIR CONDITIONING

- ❑ **SET THERMOSTAT AT 78°F OR HIGHER IF YOU USE CEILING FANS.** You save 3-5% on your air conditioning cost for each degree you raise the thermostat.
- ❑ **CLEAN FILTERS.** Check furnace and air filters monthly or as recommended by the manufacturer. Clean or replace them as needed.
- ❑ **USE THE "AUTO FAN" SETTING.**
- ❑ **BUY AN ENERGY STAR AIR CONDITIONER.** It can save you up to 10% over one that doesn't have the label. However, have an air conditioning technician or energy auditor determine the right size unit for the space.





# WINTER

- ❑ **INSTALL A PROGRAMMABLE THERMOSTAT.** Use it to automatically control the heat when you are not home and overnight while you are sleeping.
- ❑ **CHECK IF COLD AIR IS GETTING INTO YOUR HOUSE.** If your house is drafty, you may need additional insulation. Contact your local weatherization program, state energy office, or utility company to see if they perform energy audits. For more information on programs in your state, go to the National Energy Affordability and Accessibility Project's residential database at [neaap.ncat.org/db/](http://neaap.ncat.org/db/).
- ❑ **USE DRAPES.** Where windows face the sun, keep the drapes open in the day, but close all the drapes at night. Keeping the drapes closed will reduce drafts and you'll reduce heating costs.
- ❑ **REPAIR WINDOWS.** Even a crack drives fuel bills up. Got a loose window? Install weather-stripping. It helps keep cold air out of the house.
- ❑ **INSTALL STORM WINDOWS.** And remember to put them down once winter begins. They pay for themselves by keeping cold air out and preventing moisture from collecting on the windows.
- ❑ **CLOSE STORM DOORS.** Seal air leaks by caulking and weather-stripping doors.
- ❑ **CURB FIREPLACE COSTS.** Call a professional chimney sweep to perform your annual fireplace inspection.



# FURNACE

- ❑ **TURN YOUR THERMOSTAT DOWN FIVE DEGREES.** Each degree saves about 2% on your heating bill. So that's about \$50 on a \$500 heating bill. If you install an automatic thermostat, it will do the work for you.
- ❑ **HAVE A PROFESSIONAL TUNE UP AND INSPECT YOUR FURNACE.** An oil-burning furnace should be checked once a year, a gas-burning furnace every two or three years. This can save you up to 10% on your heating costs.
- ❑ **IF YOU HAVE A WARM-AIR FURNACE OR HEAT-PUMP, CHECK THE FILTER EACH MONTH.** Clean or replace the filters as needed.
- ❑ **IF YOU HAVE HOT WATER OR STEAM HEAT, CHECK WATER LEVELS.** A furnace dealer can tell you how to add more water. Ask the dealer for more tips to make your system work better.
- ❑ **CLEAR THE AREA AROUND YOUR FURNACE.** This lessens the chance of fire and improves airflow.
- ❑ **MAKE SURE HEAT CAN GET INTO THE ROOM.** Keep furniture and drapes from blocking radiators, heating registers, and return vents.
- ❑ **NEVER USE THE STOVE TO HEAT YOUR HOME!** It is expensive and very dangerous.

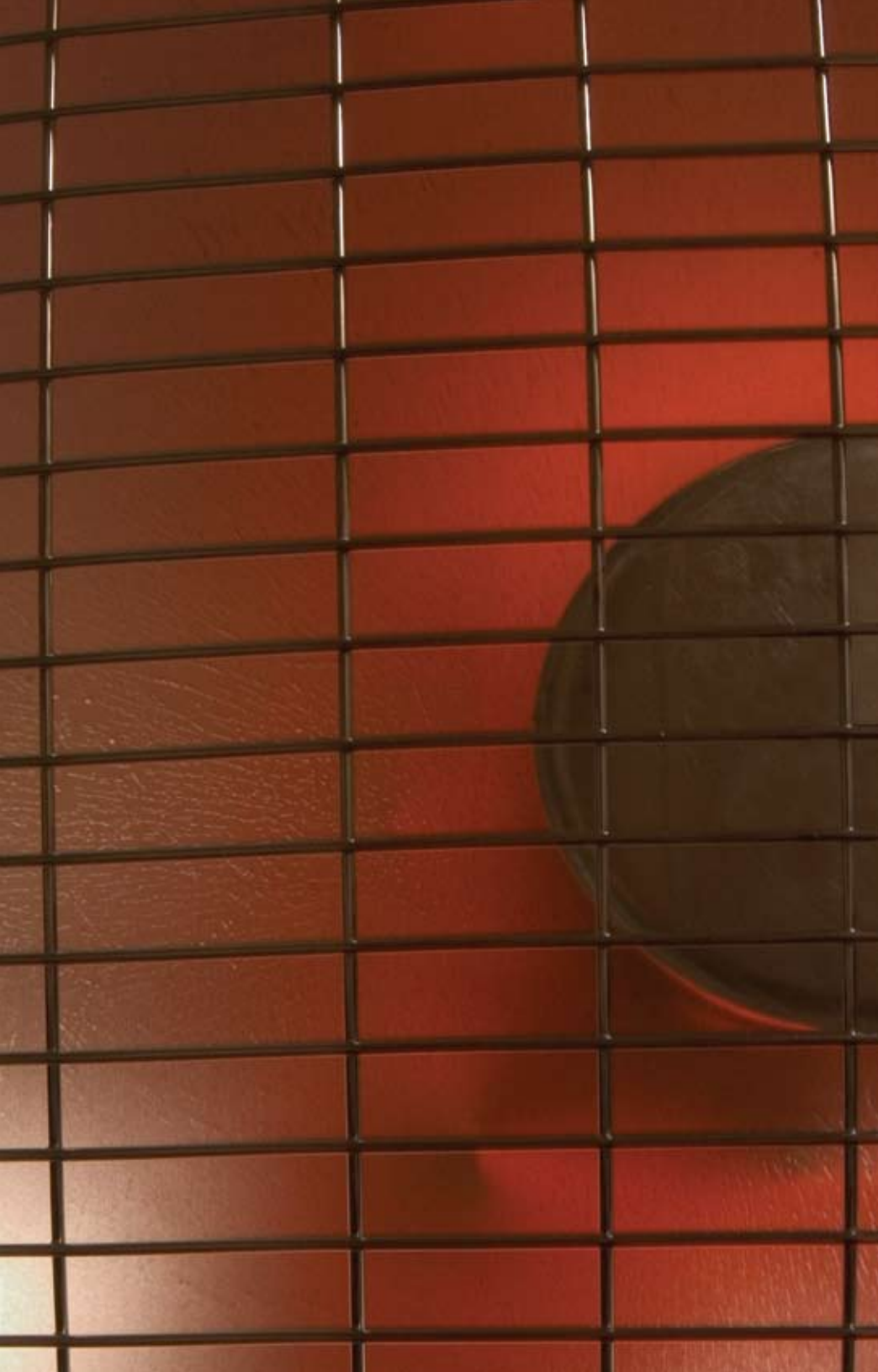


# SPACE HEATER & FIREPLACE

**NOTE:** It is important to use precautions in purchasing and using space heaters. Fires and carbon monoxide poisonings result each year from their use.

- ❑ **USE A SPACE HEATER THAT HAS BEEN TESTED AS HAVING THE LATEST SAFETY STANDARDS.** These standards have recently been updated to ensure greater security.
- ❑ **PLACE SPACE HEATERS IN AN OPEN AREA.** They should be placed on a level, hard, non-flammable surface so air can circulate around them. Keep them at least three feet away from flammable materials.
- ❑ **TURN OFF THE SPACE HEATER WHEN YOU LEAVE THE ROOM OR GO TO SLEEP.** Do not place a space heater near anyone sleeping.
- ❑ **AVOID USING UNVENTED GAS SPACE HEATERS.** If you do use one, always keep the doors open to the rest of the house. This will help keep dangerous pollutants from building up.
- ❑ **BUY SEASONED WOOD FOR YOUR FIREPLACE.** Seasoned wood is wood that has been allowed to dry out. Freshly cut wood—or “green” wood—has too much moisture to burn well.
- ❑ **REDUCE HEAT LOSS FROM THE FIREPLACE.** When a fire is lit, open dampers in the bottom of the firebox (if provided), slightly open the nearest window, and close doors leading to the room with your fireplace. Keep the damper closed when you aren’t using the fireplace.

**NOTE:** IF YOU SUSPECT A CHIMNEY FIRE, GET EVERYONE OUT OF THE HOUSE, AND THEN CALL THE FIRE DEPARTMENT. Also, keep a fire extinguisher within reach of the fireplace and flammable items at least three feet away.



# TIPS FOR KIDS

- ❑ TURN OFF THE LIGHTS WHENEVER YOU LEAVE YOUR BEDROOM AND THE BATHROOM!
- ❑ TURN OFF THE RADIO, TV, COMPUTER, AND VIDEO GAMES WHEN YOU STOP USING THEM.
- ❑ TAKE SHORT SHOWERS. They use less hot water than a bath.
- ❑ CHECK FOR PROBLEMS MOM AND DAD HAVEN'T SEEN. Like dripping faucets. It takes energy to heat the water.
- ❑ SHARE RIDES WITH FRIENDS TO AFTER-SCHOOL ACTIVITIES.
- ❑ DECIDE WHAT YOU WANT FROM THE REFRIGERATOR BEFORE OPENING THE DOOR—then close the door quickly afterwards.
- ❑ COLD IN THE HOUSE? Don't turn up the thermostat. Try wearing a sweater or sweatshirt.



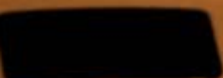
# SAFETY

- ❑ **INVEST IN SMOKE DETECTORS.** Install one with a new battery on every level of your house and outside each sleeping area and replace the batteries twice each year. Change them when you turn the clocks ahead or back for daylight-savings time. **NOTE:** Some of the new smoke alarms come with a ten-year battery. They are designed to be replaced as a unit, so you won't need to replace the batteries in these alarms.
- ❑ **GET A CARBON MONOXIDE ALARM.** They protect you against this odorless gas produced by defective heaters burning natural gas, oil, propane, wood, or kerosene. Immediately call the fuel company if the alarm goes off.
- ❑ **KEEP THE AREA CLEAR AROUND YOUR FURNACE.** It needs air to burn the fuel and remember, never store combustibles near the furnace.
- ❑ **NEVER LEAVE ENGINES RUNNING IN AN ATTACHED GARAGE.** This means snow blowers, lawn mowers, cars, or anything else with an internal combustion engine. Don't even do it if the garage door is open.

**NOTE: SYMPTOMS OF CARBON MONOXIDE POISONING INCLUDE DIZZINESS, FATIGUE, HEADACHE, NAUSEA, IRREGULAR BREATHING, AND CONFUSION. If you think you have the flu, but get better when you leave the house, carbon monoxide may be the cause.**

- ❑ **LET IN FRESH AIR BY OPENING WINDOWS OR BY RUNNING FANS WHEN CHEMICALS ARE BEING USED IN THE HOUSE OR GARAGE.**
- ❑ **CHECK WIRES FOR SIGNS OF WEAR.** They should be replaced if they are cracked or frayed.
- ❑ **NEVER PULL A PLUG OUT BY THE CORD.**
- ❑ **USE PLASTIC SAFETY CAPS IN ELECTRICAL OUTLETS.** Especially when there are small children in your home.
- ❑ **DON'T INSERT METAL OBJECTS INTO AN APPLIANCE—LIKE A KNIFE INTO A TOASTER—WITHOUT UNPLUGGING THE APPLIANCE FIRST.**
- ❑ **DON'T TOUCH APPLIANCES, WIRES, OR ELECTRICAL SWITCHES WITH WET HANDS.**
- ❑ **KEEP EVERYONE AWAY FROM DOWNED WIRES AND CALL 911.**

Don't Stand by  
ALARM



Model of 120 - Please do not use for  
other than the intended purpose



TEST/RESET

P.A.M.



# ENERGY STAR

There is not just one price tag on an appliance, there are two: the price of buying it and the price you pay for the energy to run it. You may be spending more money than you think! Over the lifetime of an appliance you may spend much more to use it than it cost to buy it.

ENERGY STAR qualified products meet energy efficiency guidelines set by the U.S. Environmental Protection Agency and the Department of Energy. These products include appliances, ceiling fans, electronic equipment, phones, compact fluorescent light bulbs, computer equipment, and several other products that use energy. Go to [www.energystar.gov](http://www.energystar.gov) for a complete list of ENERGY STAR products. Or call toll-free at 1-888-782-7937.

An appliance that qualifies for ENERGY STAR meets tough federal criteria for energy efficiency. For example: Look at the EnergyGuide label for a refrigerator on this page. It tells you the refrigerator uses 618 kWh. The least efficient refrigerators of the same size and configuration use 1,042 kWh, or almost 70% more! The refrigerator in this example qualifies for the ENERGY STAR and costs \$52 a year to operate—\$36 less each year than the least efficient model.



Based on standard U.S. Government tests

# ENERGY GUIDE

Models: 5255\*10\*, 5256\*10

Refrigerator-Freezer  
With Automatic Defrost  
With Side-Mounted Freezer  
With Through-The-Door Ice Service  
Capacity: 25.5 Cubic Feet

**Compare the Energy Use of this Refrigerator with Others Before You Buy.**

**This Model Uses**  
618 kWh/year

**Energy use (kWh/year) range of all similar models**  
**Uses Least Energy**  
760



**ENERGY STAR**  
A symbol of  
energy efficiency

ENERGY STAR refrigerators use at  
least 10% less energy annually  
than the Federal Maximum.

**Uses Most Energy**  
1042

The Estimated Annual Energy Consumption of this model was not available at the time the range was published.

**kWh/year (kilowatt-hours per year)** is a measure of energy (electricity) use. Utility company uses it to compute your bill. Only models with 24.5 to 26.4 feet and the above features are used in this scale.

**Refrigerators using more energy cost more to operate.**  
**This model's estimated yearly operating cost is:**

**\$52**

988 U.S. Government national average cost of 8.42¢ per kWh of electricity. Your actual operating cost will vary according to your local utility rates and your use of the product.

For label before purchase - Model's Federal Trade Commission's Appliance Labeling Rule 2219757

# SOURCES

All estimates for energy savings vary by region and for each individual family. We have used typical savings. The following is a list of key sources that were used in preparing the text:

- The American Council for an Energy-Efficient Economy's Consumer Guide to Home Energy Savings ([www.aceee.org](http://www.aceee.org)).
- The United States Department of Energy's Energy Savers booklet ([www.eere.energy.gov/consumerinfo/energy\\_savers/index.html](http://www.eere.energy.gov/consumerinfo/energy_savers/index.html)).
- The Department of Energy's Office of Energy Efficiency and Renewable Energy ([www.eere.energy.gov](http://www.eere.energy.gov)).
- EPA and DOE ENERGY STAR Site ([www.energystar.gov](http://www.energystar.gov)).
- Oregon Office of Energy's Energy Information for Residents ([www.energy.state.or.us/res/reshome.htm](http://www.energy.state.or.us/res/reshome.htm)).
- Alliance to Save Energy's PowerSmart Booklet ([www.ase.org/powersmart](http://www.ase.org/powersmart))
- Rocky Mountain Institute ([www.rmi.org/sitepages/pid167.php](http://www.rmi.org/sitepages/pid167.php)).
- Fuel Economy Guide website ([www.fueleconomy.gov/feg/drive.shtml](http://www.fueleconomy.gov/feg/drive.shtml)) sponsored by the U.S. Department of Energy and the U.S. Environmental Protection Agency.

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Valley Electric Association  
775-727-5312  
[www.vea.coop](http://www.vea.coop)  
"The Power of Community!"

