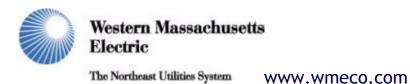
45 Ways to Use Energy Wisely



Heating

- 1. Turn down the heat to 55 degrees F. at night and when you leave home. (However, babies and elderly people need a higher room temperature than other people and a safer room temperature for this is 70 degrees F.)
- 2. Don't block radiators or heating vents with furniture or draperies.
- 3. Vacuum the dust from radiators, heat and air conditioning vents, and baseboard heaters because dust reduces their efficiency.
- 4. Bleed air trapped in radiators to improve water circulation.
- 5. When the heating season begins, close all storm windows and lock your inside sashes. If you open a bedroom window at night, close the door.
- 6. Close your curtains at night to cut down heat loss.
- 7. Close closet doors.
- 8. Shut the fireplace damper so heat doesn't go up the chimney.
- 9. Cover through-the-wall air conditioners so cold air can't leak into your home. Close central air conditioning vents.

Hot Water

10. Have dripping faucets fixed.

- 11. When shaving or washing up, fill the sink half-way instead of letting the water run.
- 12. Turn off the water heater when you're away from home for an extended time (such as a weekend trip or vacation).
- 13. Take showers instead of baths.
- 14. If you have a gas water heater, drain half a bucket of water from the faucet at the bottom of your water heater tank every two months to remove rust and sludge that can collect there.
- 15. Set your water heater's thermostat to 120 degrees F.

Washer & Dryer

- 16. Always put a full load of clothes in the washer.
- 17. Presoak heavily soiled clothes to avoid having to rewash them, and use cold water, not hot.
- 18. Remove clothes from the dryer when they're slightly damp if you are going to iron immediately.
- 19. Keep the lint filter clean.
- 20. Do two or more dryer loads in a row.
- 21. Dry your clothes outdoors when possible.

Lighting

- 22. Turn off lights when you leave a room or when they aren't needed.
- 23. Keep bulbs and lighting fixtures clean for maximum lighting.
- 24. Unplug instant-on appliances, such as television sets, when you don't plan to use them for a few days or more. They draw current even when switched off.
- 25. Use task lighting directed at a specific area instead of overhead or general lighting.

26. Keep windows clean so daylight can come through better.

Appliances

- 27. Don't try to heat your home with your stove or range.
- 28. Preheat your oven only when necessary.
- 29. Shut off the electric burner a few minutes before the end of cooking time.
- 30. Flames of gas burners should just barely touch the bottom of the pan. Turning the flame too high wastes energy.
- 31. Don't line oven racks with foil. It blocks heat flow and makes the oven work harder to cook the food.
- 32. Cook double portions and freeze half for another meal.
- 33. Do your heavy summer cooking in the cooler early morning or evening hours. Try to use the range top more, the oven less. Use your energy efficient microwave oven whenever possible.
- 34. When you boil water, put a lid on the pot or kettle. The water will boil faster and therefore you will use less energy to boil it.
- 35. When you boil water for coffee or tea, heat only as much as you need. Don't heat a full kettle.
- 36. Close the refrigerator tightly after using it. Make sure it's well sealed. If you are able to pull a dollar past the refrigerator door gasket when the door is closed, you need a new gasket.
- 37. Don't try to cool the house with the refrigerator.
- 38. Vacuum or dust the back and bottom of the refrigerator regularly to keep the cooling coils free of dust.
- 39. Plan ahead for taking food from the refrigerator; don't leave the door open longer than necessary.

- 40. Don't put hot foods in the refrigerator; let them cool to room temperature.
- 41. Don't put foil on refrigerator shelves. It blocks cold air flow and makes the refrigerator work harder to cool food.
- 42. Cover all foods before putting them in the refrigerator.
- 43. Don't store paper bags or anything else behind the refrigerator. Blocking the back of the refrigerator reduces air flow, making the refrigerator work harder.
- 44. Keep the freezer as full as possible for greatest efficiency. Fill up empty space with plastic jugs of water.
- 45. Make sure the refrigerator is located in a cool spot, away from direct sunlight.