

45 Ways to Use Energy Wisely



**Western Massachusetts
Electric**

The Northeast Utilities System

www.wmeco.com

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.