



Simple Steps to Save Energy, Water, and Money at Home

- 1. Change incandescent light bulbs to LEDs.** LEDs use at least 75% less energy and can last up to 25 times longer. Turn off lights when you leave a room. You can get a free pack of LEDs and other items to improve energy and water efficiency in your home by visiting Focus on Energy: <https://www.focusonenergy.com/>.
- 2. Unplug vampire loads.** Also called phantom loads, these are items that use power even when off, such as cell phone chargers and anything with a light, clock or standby mode. These are called vampire loads because they 'draw' power 24/7/365. Unplugging items you're not using can save you up to 10% on your power bill.
- 3. Adjust Your thermostat.** Turn your thermostat down by two degrees in the winter and up two degrees in the summer. If you have an ENERGY STAR (<https://www.energystar.gov/>) rated thermostat, program it to use less energy while sleeping, while away from home during the day, or on vacation to save money.
- 4. Use ceiling fans to help with cooling.** If you have ceiling fans in your home, using them in place of or in combination with air conditioning can help reduce your energy costs. Turning on a ceiling fan in the summer can postpone the date when you first turn on the air conditioner. When you do have the AC on you can raise the temperature on your thermostat 4 degrees if you're using a ceiling fan. If you don't have ceiling fans in your home you can use window or standing fans to get similar effects.

You can also use ceiling fans in the winter to help heat a room. In the summer run the fans in a counter-clockwise direction. Reversing the direction in the winter to clockwise pushes warm air down from the ceiling to help keep the room warmer.

- 5. Caulk or weatherstrip windows and doors.** Outside air can enter your home through leaks and cracks around your doors and windows. Check them, and if outdoor air is getting in, use caulk or weatherstripping in the necessary areas. Talk to the owner or building manager before making these changes.
- 6. Use insulating plastic on your windows.** The savings in annual energy costs can amount to more than 10% of your yearly heating bill.
- 7. Place foam gaskets behind light switch plate covers and electrical outlet covers.** Electrical outlets and light switch plates are common places for air to leak into rooms, especially on outside walls. The foam gaskets are low-cost products that can be purchased at hardware stores. To install them all you have to do is unscrew the cover, put the gasket in place, and replace the cover (make sure you're using screws that are long enough).
- 8. Rethink clothes drying.** For the most energy savings, hang up your clothes to dry. When you do use your dryer, clean the lint filter before each load.
- 9. When replacing appliances, purchase ENERGY STAR and WaterSense items.** If your refrigerator, washer and dryer, or dishwasher need to be replaced, opt for or suggest to your landlord that they buy ENERGY STAR and WaterSense (<https://www.epa.gov/watersense>) certified appliances. These items have been benchmarked against all other appliances in the industry and use significantly less water and energy than other products.
- 10. Use less hot water.** First, wash clothes in cold water. Save energy by lowering your water temperature from 140 degrees to 120 degrees. Talk to your landlord or building manager about insulating your water heater with a simple insulating blanket found at any hardware store. If you have a dishwasher, only run it when full.