

Great Energy Habits to Adopt

1. Make it a habit to shut off lights, computers, and other appliances when you're not using them.
2. Switch to compact fluorescent bulbs. They use a fourth of the energy used by regular bulbs.
3. Replace halogen lamps in torchieres with compact torchieres fluorescent torchieres. They use about 70% less energy and produce more light.
4. Use motion detectors to turn on outdoor lights rather than leaving them on all night.
5. Close your fireplace damper when there's no fire. Leaving it open is like having a 48-inch-square hole in your house.
6. Close off and don't heat unoccupied rooms.
7. Take showers with low-flow showerheads (they use 50% less hot water) instead of baths.
8. Set your water heater at 115 degrees (F), which is comfortable for most uses. Turn your water heater off when you go on vacation.
9. Wrap your water heater in R11 insulated wrap but don't cover the thermostat.
10. Run only full loads in your dishwashers and clothes washers – and wash in warm or cold water.
11. Wash and dry clothes on weekends when energy use isn't high.
12. Air dry your dishes. In nicer weather air dry your clothes.
13. Clean your furnace and heat pump filters to keep them operating efficiently.
14. Limit the use of kitchen and bathroom fans since they pull air out of the house.
15. Cover all windows at night in winter.
16. Weather strip around your doors and windows and anywhere you feel a draft.
17. Set your refrigerator between 37 and 40 degrees (F).
18. Keep your refrigerator well stocked. It takes more energy to cool an empty fridge.
19. Clean lint out of refrigerator coils and out of dryers.
20. Use a microwave toaster oven for cooking and heating small portions.
21. Check ceiling and crawl spaces to ensure there's adequate insulation.
22. Seal or fix broken basement windows.
23. Fix broken ducts and replace cracked or peeling tape on ducts. Use tape with UL (underwriters Laboratories) logo.
24. For long-term savings, choose and use energy-efficient appliances. Compare energy rating labels before you buy.