

Greening up Your Home

A Home Owner's Guide to Saving Energy

Watch the thermostat: Turn down the thermostat in cold weather and turning it up in warm weather. Each degree below 68°F (20°C) during colder weather saves 3%–5% more heating energy, while keeping your thermostat at 78°F in warmer weather will save you energy and money.

Delay heat generating activities until the evening (using the dishwasher etc.)

Air dry dishes instead of using the dishwashers drying cycle.

Use Compact Fluorescent Light Bulbs. Compact Fluorescent Light bulbs use 66% less energy than a standard incandescent bulb and last up to 10 times longer. Replacing a 100-watt incandescent bulb with a 32-watt CFL can save \$30 in energy costs over the life of the bulb.

Be conscious of your energy use: Turn off lights and electrical devices (TV's, stereos, etc) when leaving rooms.

Turn off all of your computer equipment when not in use and at night: Turning off all your equipment at night can cut annual energy usage by 100 to 400 kWh per computer, according to Michele Krim of the Office of Sustainable Development in Portland, Oregon.

Stop leaking energy: Camera, cell phone, and mp3 power adapters you leave plugged in all the time suck power from the outlet even after you've disconnected the devices you were charging. As long as you leave the adapter plugged in, you're losing an average of two watts.

Keep your refrigerator stocked: Every time you open and close the door, the fridge has to kick in to reregulate its temperature. If it is already stocked, there's less outside air introduced, therefore less outside air that needs to be cooled.

Use cold water for doing laundry instead of warm or hot. By switching to cold water washing, people can save up to \$63 a year on energy bills

Further information on ways to save energy at home can be found at the US Department of Energy's website: www.energy.gov/yourhome.htm and by reading "Consumer Guide to Home Energy Savings" by Alex Wilson, Jennifer Thorne and John Morrill.