

No-Cost Ways to Save Energy



Make Seasonal Changes: Set your thermostat to 78°F or higher in the summer and 68°F or lower in the winter to save on energy costs.



Use a Fan First: Ceiling fans can help you feel about 4 degrees cooler. In the summer, fan blades should move counterclockwise to push cool air downward. Turn off fans when you leave the room to save energy. Fans cool people, not rooms.



Unplug to Reduce Phantom Load: Electronics, chargers and appliances use energy even when they are turned off. Remember to cut off all power when they are not in use.



Let the Air Flow: Open all air vents and interior doors when using central air conditioning to optimize the flow of cool air and avoid overworking your HVAC system.



Adjust Your Water Heater: Set your water heater thermostat to 120°F to save energy and get comfortable hot water for most household uses.



Don't Block the Vents: Move furniture away from return air grilles and duct vents, by at least 6 inches, to save energy and help air flow.



Check Your Fridge and Freezer: Adjust refrigerator temperatures to 35°F–38°F and set freezer temperatures to 0°F. Keep them indoors and out of garages to save energy.



Cook Smart: Instead of the oven, use slow cookers, toaster ovens, microwaves or grills, especially during the summer. Microwaves use up to 80 percent less energy, cook 75 percent faster and produce less heat than electric or gas ovens.



Keep Them Clean: Clean around your refrigerator condenser coils. Clean coils will lower energy costs and extend appliance life.



Load It Up: Wash full loads of laundry to help save money and energy.



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Low-Cost Ways to Save Energy



Change the Filter: Replace air filters once a month to help save energy and improve indoor air quality. Dirty filters make your system work harder and use more energy.



Take Charge: Use a smart power strip to control electronic equipment such as TVs, streaming devices, cable boxes and game consoles when not in use.



Use Efficient Lighting: ENERGY STAR® qualified LEDs use at least 75 percent less energy than incandescent lights and last about 50 times longer, saving both money and energy.



Seal Up Your Home: Caulk and weatherstrip around windows and entry doors, or place towels around the bottom of doors and on window sills to prevent air loss.



Embrace Shade: When it is hot outside, keep the window coverings closed during the day to block the sun's heat. Use white window shades, drapes or blinds to reflect heat away from the house.



Provide shade for outside AC units: AC units shaded by trees or other means work more efficiently and use up to 10 percent less electricity.



Save While Streaming: Streaming video on a game console uses 15 times more energy than streaming on digital media players. Streaming on a laptop uses four times more energy than streaming on a tablet.



Dim the Screen: Dim your televisions and computer screens to reduce energy use. Some TVs have a “home” or “standard” setting option to help. This can also help with eye fatigue.



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