

# SAVE THE WATTS .COM



# 100 ENERGY-SAVING TIPS!

## APPLIANCES

- Recycling last night's dinner? Use microwaves and toaster ovens to cook or warm leftovers. You could save up to 30% of the energy required to cook in a conventional oven.
- Need energy-saving inspiration? The energy saved by an ENERGY STAR-qualified dehumidifier could power your refrigerator for six months!
- Getting a new water heater? Tankless models are pricey to install – and on-demand water heaters may actually increase your electric bill.
- A warm dryer uses less energy. Try to wash and dry several loads at once, so your dryer isn't completely cooled down when it heats up for the next load.
- Try to avoid over-drying your clothes. It wastes energy, plus causes static and wrinkling.
- For the shortest drying times, separate loads into light and heavy fabrics. Or better yet – air dry your lightest fabrics.
- Let off some steam. Make sure your dryer is vented to the outside to reduce the workload on your air conditioner.
- Washing one sock at a time? Wash full loads when possible. When smaller loads are necessary, use less water.

- The energy saved by replacing a refrigerator bought in 1990 with a new ENERGY STAR-qualified model could light the average household for nearly four months.
- Which appliance uses the most energy? If you guessed the refrigerator, you get an imaginary ENERGY STAR on your forehead!
- Floating on a water bed? Set the heater to low and make that bed so it's covered and insulated. And tidy!
- Did you know ceiling fans use no more electricity than light bulbs? Here's another tip: Turn off fans when you leave – they only cool people, not rooms.
- Lighten your load. Let your dishwasher wash the dishes – then let them air dry. You'll save energy and keep your dishwasher from heating up your kitchen.

## COOLING

- Get the most comfort from your ceiling fan. In the summer, it should turn in a counter-clockwise direction. In the winter, run it at low speed, but clockwise.
- When the A/C is on, close your doors and windows tightly. Save even more by turning off kitchen and bath exhaust fans, too.
- Know your ratings: Your A/C should have a high Seasonal Energy Efficiency Ratio (SEER). The minimum for central A/C is 13 SEER.
- Here's an easy tip: Set your thermostat fan switch to "auto" and save up to \$25 a month. Leaving it in the "on" position keeps air running constantly.
- Block the sun from overheating your home! Inside, use shades, blinds and drapes. Outside, use awnings, trees and shrubs.
- Does your A/C need a tune-up? Get it checked now, operational problems can cause extremely high bills.
- One more reason to get a Home Energy Check: Heating/cooling costs can be cut by up to 30% when leaks are eliminated.

## COOLING CONTINUED

- The best way to reduce high home cooling and heating costs? Get attic insulation that's R-19 or higher. Plus, you may qualify for additional insulation incentives.
- Did you know leaky ducts can waste 1/3 of all heating and cooling costs? Get a Home Energy Check and you can test and repair ducts.
- Sign up for Energy Wise, a free program that can pay you over \$145 a year to help manage Florida's energy use.
- Trees are nature's air conditioners. Plant them for shade on the sunny side of your home.
- Install more ceiling fans! Because the breeze of a fan can make you feel three to four degrees cooler, you can raise that thermostat and still keep comfortable.
- Want big savings with small effort? Raise your thermostat! You can save up to 10% of your cooling costs for each degree above 78.

## HEATING AND AIR

- Write this tip on your calendar: Change or clean your A/C's air filters at least once a month.
- Does your house have poor circulation? Open interior doors and vents to make the most of your cooled and heated air.
- Got porous block walls? They're drafty. Injected Wall Foam Insulation keeps outside air outside and Progress Energy offers up to \$200 in rebates.
- BYO heat? Portable heaters are great for "spot" heating, but don't overdo it. Running a 1500-watt resistance heater 24/7 costs \$100 month.
- The most-efficient duct system isn't in your attic. If you're building a house, consider running ducts through air conditioned space instead.

## HEATING

- Blasting the heat in cold weather? Raising your heat pump's temperature activates the heat strip and uses tons of energy. A steady temperature keeps your bill lower.
- Wintering in Florida? Set your thermometer at 68-70F during the day and 60 to 65F at night.
- You wouldn't leave your front door open all night, would you? So, close the flue in your fireplace, and install glass doors to keep the warm air in.
- It's less expensive to keep your home at 70 degrees if the outside temperature is 50 than if it's at 30 degrees. It's even cheaper to break out the blankets!
- Don't make your heater work harder than it has to: Make sure drapes and furniture aren't blocking any vents.
- Want to cut heating costs in half? Get an energy-efficient heat pump. (Hint: Progress Energy offers rebates up to \$350 for qualifying units.)
- Dirty filters waste energy. Change the filters in your heating system every month for optimum efficiency.
- Give your compressor the space it needs to work most efficiently. Never stack anything against it or drape anything over the outside unit.
- Our simplest tip for winter? Reduce your thermostat when you leave home.

## KITCHEN

- Admit it – you like to watch food cook. Try to control yourself, because the temperature drops 25 to 30 degrees each time the oven door is opened.
- Need a reason to grill out? Using the oven in the heat of summer forces your A/C to work harder and makes the house less comfortable.
- Love cooking? Copper-bottomed pots and pans use heat more efficiently.
- Keep stove reflector pans clean so they will reflect more heat upward.

## KITCHEN CONTINUED

- Here's an energy-saving matching game. Match your pot size to the burner. Heat is lost when small pots are used on large burners.
- Did you know food keeps cooking after you turn the burner off? When food is almost cooked, turn off the oven or burners and let existing heat finish the cooking for you.
- Want to shorten your cooking time? Save time and energy by using tight-fitting covers on pots and pans.

## LIGHTING

- In the mood for saving? Use three-way lamps to reduce energy and increase your lighting options.
- Light-colored curtains allow light to enter a room without reducing privacy. And light paint reflects heat. In hotter climates, every little bit counts!
- Halogen bulbs get hot enough to be a fire hazard. Replace them with compact fluorescent (CFL) bulbs. CFLs use less energy, produce more light, and don't get as hot.
- I sense some savings coming on! Use convenient, and efficient motion-detector lights for all your outdoor lighting.
- After their long lives, make sure to recycle your CFL bulbs. Check out [www.lamprecycle.org](http://www.lamprecycle.org) to find out how, where and why.
- No one likes getting on a ladder to replace outdoor bulbs. Compact fluorescent light bulbs (CFLs) last up to 10 times longer.
- If Americans replaced their five most-used light fixtures and/or bulbs with ENERGY STAR products, we would save about \$8 billion year in energy costs.
- A bright idea from me, Save the Watts Guy: Compact fluorescent light bulbs last up to 10 times longer and save four times the energy of regular bulbs.
- Too busy to turn off lights? Kids forgetting to do it? Consider installing timers to turn lights on in the morning and off at night.

- One compact fluorescent light (CFL) bulb is four times more energy-efficient than a regular bulb, while giving off the same amount of light.

## OFFICE

- Does your computer have a fever? Set it to "low power" mode and you'll save energy and keep your computer from overheating.
- Unplug your home office! In the average home, 75% of the electricity used to power home electronics is consumed while the products are turned off.
- Did you know laptops use less energy than desktop computers? Well, now you do. So consider laptops next time you're looking for a computer.
- Screensavers are cute, but they don't save energy. Set your computer to energy-saving sleep mode, and you'll save energy – and sleep better at night.
- Making copies and saving trees? ENERGY STAR-qualified copiers do both. They make two-sided copies and run cooler so they'll last longer.
- Do you leave your computer on? Plug your desktop computer, lights and radio, etc. into a power strip and turn off the power strip when you're not at your desk.

## POOLS

- Love the sun? So does your pool. Replace your pool heater with a dedicated heat pump or solar pool heating system.
- Give your pool pump a break. Reducing its operating hours to the minimum necessary for pool cleanliness will save money and extend the life of your pump.
- I have only one thing to say about heated pools: keep them covered, because 70% of pool heat loss is caused by evaporation.
- Who wastes most energy, water-wise? Spa pumps and heaters – they use more than 2x the energy used by things like refrigerators or waterbed heaters.

## REFRIGERATION

- Unless it's filled to the gills, pull the plug on that second fridge in the hot garage or utility room – and save a ton.
- If your refrigerator door seal leaks, you're wasting energy. Repair seals if there's cold air around the closed door or if moisture is collecting.
- The next time you dust your house, dust your fridge. Check the coils behind the refrigerator – and use coil vacuums or dusters to clean it off and keep costs down.
- Keep your freezer full, but not your fridge. Less in your fridge saves more energy. Consider putting gallon containers of water (or ice cream!) in your freezer.
- If just one in 10 homes used ENERGY STAR-qualified appliances, the change would be equal to planting 1.7 million new acres of trees.
- Too many refrigerator choices? Side-by-side models and through-the-wall water dispensers are usually less energy efficient.
- Want an efficient new refrigerator? Look for the yellow EnergyGuide label and choose models with improved insulation and power-saver switches.
- Setting your temperature between 35-38 degrees keeps food safe and savings high.

## ROOF

- Spend a half-second in your attic; that's how hot your roof is. A reflective coating applied over your roof can help you save by reducing the heat coming into your home.
- Reflective roofs prevent the expansion and contraction that degrade roofs. They reduce heat buildup in your home and make the roof last longer.
- Got a manufactured house? Put a reflective coating over your roof to reduce the heat coming into your home. Progress Energy offers rebates for qualified products.
- Reflective roofs reduce heat traveling into your home and reduce strain on your A/C. See if you qualify for a Progress Energy roofing rebate of up to \$150.

## WATER HEATING

- Believe it or not, your laundry detergent works just as well with cold water. So always wash with cold water and save 50 cents per load.
- Heat bill rising? Check your hot water pipes for leaks, which can drain your energy savings.
- How low is your flow? Low-flow showerheads make a big difference especially if you can't bring yourself to take shorter showers!
- Intrigued by solar energy? Here's a tip: Solar pool systems are the most cost-effective use of solar energy.
- Leaving home for a few days? Enjoy! And turn off your water heater until you get back.
- Water 101: Showers use up to 30% of your household water – so shorten those showers to cut hot water costs.
- Insulate the first six feet of the hot and cold water pipes connected to the water heater.
- In an energy-saving popularity contest, solar water heaters win big. Over 94% of the 1.5 million solar water heater owners consider the systems a good investment.
- Old water heater still chugging along? Get an insulation wrap to help the old guy hold heat in.
- Hot water heaters come pre-set with factory temperature settings. Change yours to 120 degrees – it's comfortable for most of your hot water needs.
- Which water heater to buy? EnergyGuide knows. Look for the EnergyGuide label – if a more efficient heater's more expensive, you'll save money over time.
- Let's make a deal: If you must use hot water on laundry, just cut your washing time.
- Solar water heaters can save up to 80% on your bill. Progress Energy and federal and state governments may offer incentives for qualified units.

## WINDOWS

- Furniture fading fast? High-performance windows, screens and films protect upholstery, wood and artwork from UV rays while saving energy.
- Professionally installed high-performance windows do a much better job of minimizing solar heat in the home.
- Here's three tips in one: High-performance windows, solar window screens, and qualified window films can eliminate "hot spots" in your home.
- Before you replace your HVAC system, consider high-performance windows. They're efficient and may reduce the size and cost needed for a new HVAC system.
- Here's a decorating tip: Install white window shades, drapes, or blinds to reflect heat away from the house.
- Hot enough for you? Instead of cranking up your A/C, look for windows with double glazing and spectrally selective coatings that reduce heat gain.
- Test your windows. On a windy day, hold a lit candle near window seals to see if air is escaping – then caulk any leaks.
- When shopping for new windows, look for the National Fenestration Rating Council label: it means the window's performance is certified.

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## ENERGY-SAVING TIPS!

### TIP 1 COOLING

Get the most comfort from your ceiling fan. In the summer, it should turn in a counter-clockwise direction. In the winter, run it at low speed, but clockwise.

### TIP 2 COOLING

When the A/C is on, close your doors and windows tightly. Save even more by turning off kitchen and bath exhaust fans, too.

### TIP 3 HEATING AND AIR

Write this tip on your calendar: Change or clean your A/C's air filters at least once a month.

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Know your ratings: Your A/C should have a high Seasonal Energy Efficiency Ratio (SEER). The minimum for central A/C is 13 SEER.

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Here's an easy tip: Set your thermostat fan switch to "auto" and save up to \$25 a month. Leaving it in the "on" position keeps air running constantly.

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Block the sun from overheating your home! Inside, use shades, blinds and drapes. Outside, use awnings, trees and shrubs.

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Does your A/C need a tune-up? Get it checked now, operational problems can cause extremely high bills.

### TIP 8 OFFICE

Does your computer have a fever? Set it to "low power" mode and you'll save energy and keep your computer from overheating.

### TIP 9 OFFICE

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BYO heat? Portable heaters are great for "spot" heating, but don't overdo it. Running a 1500-watt resistance heater 24/7 costs \$100 month.

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Did you know leaky ducts can waste 1/3 of all heating and cooling costs? Get a Home Energy Check and you can test and repair ducts.

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Light-colored curtains allow light to enter a room without reducing privacy. And light paint reflects heat. In hotter climates, every little bit counts!

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Don't make your heater work harder than it has to: Make sure drapes and furniture aren't blocking any vents.

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Want to cut heating costs in half? Get an energy-efficient heat pump. (Hint: Progress Energy offers rebates up to \$350 for qualifying units.)

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Hot water heaters come pre-set with factory temperature settings. Change yours to 120 degrees—it's comfortable for most of your hot water needs.

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Which water heater to buy? EnergyGuide knows. Look for the EnergyGuide label—if a more efficient heater's more expensive, you'll save money over time.

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No one likes getting on a ladder to replace outdoor bulbs. Compact fluorescent light bulbs (CFLs) last up to 10 times longer.

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If Americans replaced their five most-used light fixtures and/or bulbs with ENERGY STAR products, we would save about \$8 billion year in energy costs.

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