

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 percent of the energy required to cook in a conventional oven.
- Getting a new water heater? Keep it simple: 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 refrigerator, you get an imaginary ENERGY STAR on your forehead!
- Floating on a waterbed? Set the heater to low and pull up the covers so that it stays insulated. And tidy!
- Did you know ceiling fans use no more electricity than light bulbs? However, be sure to turn them off when you leave — fans 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

- Closing off an unused room can actually cost you more in comfort and energy savings. It's best to keep doors and air vents open so that air can circulate freely throughout the home.
- Do you forget to adjust your thermostat before you leave home? Check into programmable thermostats — they do the work for you. When properly installed and set, you could save about \$180 per year in energy costs.
- 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.
- Make sure your A/C has a rating—or Seasonal Energy Efficiency Ratio (SEER) — of 14. Your A/C will not only be more efficient, you could also be eligible for a rebate up to \$350.
- 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.

COOLING CONTINUED

- Need a reason to get a free Home Energy Check? It can help determine whether your home has leaky ducts — which can waste up to one-third of your heating and cooling costs.
- Looking for the best way to reduce high home cooling and heating costs? Install attic insulation that's rated R-30. Plus, you can qualify for an additional rebate up to \$100. Federal tax credits may also be available.
- Air ducts may be out of sight, but shouldn't be out of mind — leaky ducts can waste serious energy. Have your ducts tested for potential leaks; Progress Energy will help pay the first \$150 of any needed repairs.
- Sign up for EnergyWiseSM, 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 stay 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? Your heating and cooling system will operate more efficiently when all interior doors and air vents are open so that air flows freely throughout your home.
- Got porous block walls? They're drafty. Injected foam wall insulation will help you save energy by keeping outside air from getting in. Progress Energy also offers up to \$300 in rebates to help you upgrade your insulation.
- BYO heat? Portable heaters are great for "spot" heating, but don't overdo it. Running a 1,500-watt resistance heater 24/7 costs \$100 month.

- Need a new heating and cooling system? Take advantage of federal tax credits that pay up to \$1,500 toward the purchase of a new system.

HEATING

- Blasting the heat in cold weather? Quickly raising your heat pump's temperature activates the heat strip, which uses tons of energy. Raising the temperature slowly — in smaller increments — keeps your bill lower.
- During those rare, cold Florida winters, you can still keep your energy bill stable. Set your thermostat to 68–70F during the day and 65–68F at night.
- You wouldn't leave your front door open all night, would you? So why let energy and money fly out an open fireplace flue? Make sure to close your flue and install glass doors to keep your home's warm air inside.
- If you have a heat pump, get it a yearly checkup to ensure that it's in proper working order to handle colder days and nights.
- Don't make your heater work harder than it has to. Make sure drapes and furniture aren't blocking any air 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 heat pump's outdoor unit the space it needs to work most efficiently. Never stack anything against it or drape anything over it — and be sure to keep it free of debris.
- Our simplest tip for winter? Lower your thermostat every time you leave the house.

KITCHEN

- Admit it — you like to watch food cook. But try to control yourself, because the temperature drops 25–30 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, which raises your energy bill.

KITCHEN CONTINUED

- Love cooking? Copper-bottomed pots and pans use heat more efficiently.
- Keep stove reflector pans clean to reflect more heat upward.
- 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 off the burner? When food is almost ready, 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

- Make sure you're using the appropriate CFL bulb for your light fixture — they come in various sizes and types for different lighting needs. For more information about CFLs, [visit the ENERGY STAR website](#).
- 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 light bulbs can get hot enough to be a fire hazard. To light your home more safely, replace them with compact fluorescent (CFL) bulbs, which use less energy and don't get as hot.
- I sense some savings coming on! Use convenient, and efficient motion-detector lights for all your outdoor lighting. For additional savings, buy compact fluorescent bulbs for your motion detectors.
- After their long lives, make sure to recycle your CFL bulbs. Check out www.lamprecycle.org to find out how, where and why.
- No one likes getting on a ladder to replace outdoor bulbs. So choose compact fluorescent light bulbs (CFLs) — they 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 per year in energy costs.

- A bright idea from me, Save the Watts Guy: Compact fluorescent light (CFL) bulbs last up to 10 times longer and use 75 percent less energy than standard 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 producing less heat.

ELECTRONICS

- Shopping for a new TV? Look for an ENERGY STAR model — it will be up to 30 percent more energy-efficient than non-qualified models.
- Don't force your computer to "work" all day and night! Give it some much-needed rest by adjusting power management settings to save optimum energy.
- Even when they're turned off, home electronics use energy to power features like clock displays and remote controls. U.S. households spend roughly \$100 per year to power devices while in this "standby" power mode.
- Did you know laptops use less energy than desktop computers? Well, now you do. So consider laptops next time you're looking to buy a computer.
- Screensavers are cute, but they don't save energy. Set your computer to energy-saving sleep mode, and you'll save energy — plus, sleep better at night.
- Like 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 when you're not at your desk? Plug your desktop computer, lights and radio, etc. into a power strip and turn off the power strip to save energy.

POOLS

- Love the sun? So does your pool. Save money by replacing your pool heater with a solar pool heating system.

POOLS CONTINUED

- 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. 70 percent of pool heat loss is caused by evaporation.
- Who wastes the most energy, water-wise? Spa pumps and heaters — they use more than two times the energy used by items like refrigerators or standard TVs.

REFRIGERATION

- Unless it's filled to the gills, pull the plug on that second fridge located in your 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 — it uses less energy than an empty one. For maximum savings, consider filling your freezer with gallon containers of water (or ice cream!).
- 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.
- Is your refrigerator living in the early '90s? A new ENERGY STAR refrigerator can use 75 percent less energy than your older model.
- Want an energy-efficient new refrigerator? Look for the yellow EnergyGuide label so that you can easily compare conveniences and operating costs.
- Setting your temperature between 35 and 38 degrees keeps food safe and savings high.

ROOF

- Spend a half-second in your attic — that's how hot your roof is. But you can reduce the amount of heat coming into your home and decrease strain on your A/C by applying a reflective roof coating. Progress Energy also offers rebates up to \$150 to help you upgrade.
- Want your roof to last longer? Reflective roofs not only reduce heat buildup, they also prevent the expansion and contraction that degrade roofs.
- Time to replace the roof? Consider one with an ENERGY STAR label. You'll save energy and could qualify for up to \$1,500 in federal tax credits.

WATER HEATING

- Wash your laundry with cold water whenever possible — you could save between \$30 and \$40 per year.
- 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!
- Leaving home for a few days? Enjoy! And turn off your water heater until you get back. Most models will reheat the water to the set temperature in about an hour.
- Water 101: Showers use up to 30 percent 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.
- The sun is more popular than ever — just ask the 1.5 million solar water heater owners who are saving energy and money by using solar power.
- Old water heater still chugging along? Get an insulation wrap to help the old guy hold heat in more effectively.
- Reduce your water heater temperature setting from 140 degrees to 120 degrees — you'll save about \$85 per year on your energy bill, without sacrificing comfort.

WATER HEATING CONTINUED

- 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 an energy-saving deal: If you like using hot water for your laundry, make sure you are washing a full load.
- Solar water heating can save up to 85 percent on the water-heating portion of your bill. Plus, you can qualify for a Progress Energy rebate up to \$450 and federal tax credits up to 30 percent off the cost of the new system.

WINDOWS

- Furniture fading fast? High-performance windows, screens and films protect upholstery, wood and artwork from UV rays while saving energy.
- Ready to save with high-efficiency windows? Get them professionally installed to ensure that you're effectively minimizing the amount of solar heat in the home.
- Here are 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 A/C system, consider installing high-efficiency windows to help keep the heat out. You'll reduce your investment — and the size of the A/C system needed.
- Remodeling your home with new windows? You could qualify for up to \$1500 in federal tax incentives and a rebate up to \$250 from Progress Energy.
- 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.
- New windows not in this year's budget? Try window film — it'll help keep the heat out in the summer, plus protect your furniture and carpets from fading. You can also get a Progress Energy rebate up to \$100, following your free Home Energy Check.
- 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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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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Make sure your A/C has a rating — or Seasonal Energy Efficiency Ratio (SEER) — of 14. Your A/C will not only be more efficient, you could also be eligible for a rebate up to \$350.

TIP 5 COOLING

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.

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Don't force your computer to "work" all day and night! Give it some much-needed rest by adjusting power management settings to save optimum energy.

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Make sure you're using the appropriate CFL bulb for your light fixture — they come in various sizes and types for different lighting needs. For more information about CFLs, visit the [ENERGY STAR website](#).

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Does your house have poor circulation? Your heating and cooling system will operate more efficiently when all interior doors and air vents are open so that air flows freely throughout your home.

TIP 12 APPLIANCES

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Got porous block walls? They're drafty. Injected foam wall insulation will help you save energy by keeping outside air from getting in. Progress Energy also offers up to \$300 in rebates to help you upgrade your insulation.

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Blasting the heat in cold weather? Quickly raising your heat pump's temperature activates the heat strip, which uses tons of energy. Raising the temperature slowly — in smaller increments — keeps your bill lower.

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Need a reason to get a free Home Energy Check? It can help determine whether your home has leaky ducts — which can waste up to one-third of your heating and cooling costs.

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Looking for the best way to reduce high home cooling and heating costs? Install attic insulation that's rated R-30. Plus, you can qualify for an additional rebate up to \$100. Federal tax credits may also

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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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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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Dirty filters waste energy. Change the filters in your heating system every month for optimum efficiency.

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Halogen light bulbs can get hot enough to be a fire hazard. To light your home more safely, replace them with compact fluores-

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