

Take Control & Save[®]

A Cooperative Effort for Energy Efficiency

www.TakeControlAndSave.coop

Start seeing green - save energy and money now!

Saving energy can be easy

Have you ever looked at your energy bill and wondered, “Why is my bill so high?” You then think of all the appliances and gadgets you use every day to provide the modern-day conveniences you enjoy, the comfort of a warm home and a hot shower; and realize they all increase your energy costs. But just as every little thing adds up to increase your energy use, every small energy-saving measure you take can add up to big savings.

No-cost energy saving ideas

There are many ways you can save energy without spending any money! Start saving now by implementing these tips:

1. Set your water heater temperature no higher than 120 degrees.
2. Limit your shower length to 5-7 minutes.
3. Take the guard off your refrigerator base and clean the dust and debris.
4. Set the refrigerator temperature to 34-37 degrees and freezer to 0-5.
5. Unplug unused refrigerators and freezers. Better yet, recycle them!
6. Use the air-dry cycle instead of heat-dry on your dishwasher.
7. Use cold water when washing clothes.
8. Make sure vents are not blocked by furniture or drapes.
9. Only do full laundry and dishwasher loads.

10. Consider using a “solar-powered” clothes dryer: a clothes line.

11. Make sure the outdoor dryer exhaust door closes when the dryer is off.
12. Make sure the dryer vent hose is tightly connected to dryer and wall.
13. Ensure your outdoor heat pump/air conditioner unit is kept clean.
14. Turn computers, electronics and any other energy-using device off when they are not in use. Better yet, unplug them if possible.
15. Set your thermostat to 78 degrees in the summer and 68 in the winter.
16. Keep windows closed and locked when heating or cooling your home.
17. Close fireplace dampers **when not burning a fire**. Remember to open them before starting a fire.
18. Open your shades during winter days to catch free solar heat, and close them on winter nights to keep heat in.
19. Keep your garage door down. A garage that is warmer in the winter and cooler in the summer will save energy.

Start with an energy audit

Getting a handle on your home’s energy use is an important first step to improving efficiency. Get a professional energy audit with a blower door test and start on your way to energy savings!

Contact your local electric cooperative first; they may offer incentives to fully or partially fund your audit and rebates for some of the recommended measures.

Then take action!

Getting an energy audit is great, but if you do nothing with the results, you haven’t helped yourself at all. To get energy-saving results, you must use the information from the audit and implement measures that will best fit with your home and budget.

Get your kids involved!

Spark your child’s interest in saving energy by making a game out of it! Have them keep track of everything they do that helps your home save energy, and give prizes such as certificates or ribbons.

Low-cost energy saving ideas

There are many things you can do in your home that cost just a little, but make a big difference in your energy use.

1. Caulk around windows, doors and baseboards.
2. Replace your furnace filter as recommended by the manufacturer.
3. Replace incandescent light bulbs with compact fluorescent bulbs.
4. Install motion sensors on your lights.
5. Have your air-conditioner tuned-up by a professional contractor.
6. Replace your shower head with a low-flow shower head.
7. Install switch and outlet gaskets/foam inserts on outer walls.
8. Add a water heater blanket if your water heater is not well insulated.
9. Use a smart power strip for electronics.

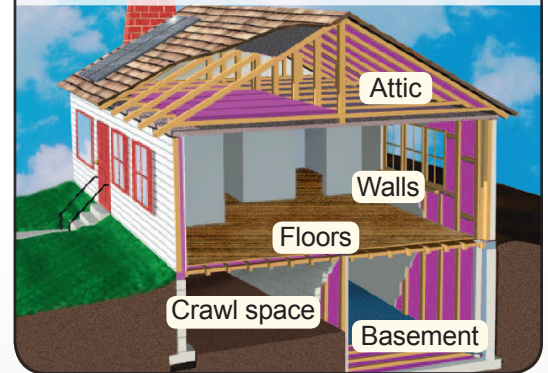


10. Install foam pipe wrap around hot water pipes.
11. Caulk around plumbing penetrations that come through walls beneath bathroom and kitchen sinks.
12. Caulk electrical wire penetrations at the top of the interior walls.
13. Ensure windows and doors are properly weather-stripped.

Insulate your home if you:

- * Have an older home and haven't added insulation. Only 20 percent of homes built before 1980 are well insulated.
- * Are uncomfortably cold in the winter or hot in the summer.
- * Build a new home, addition or install new siding or roofing.
- * Are bothered by noise from outside.

Where to insulate



Source: U.S. Department of Energy

Tips for finding a good contractor

Many long-term energy saving measures require the assistance of a knowledgeable, qualified contractor, so be sure to do your research before hiring a contractor.

- * Ask friends for recommendations
- * Focus on local companies
- * Look for licensed, insured contractors
- * Get three bids with details in writing
- * Ask about previous experience
- * Check references
- * Check with the Better Business Bureau
- * Get advice on social media

Long-term energy saving ideas

One of the best investments you can make in your home is making it more energy-efficient. You will spend money up front, but will get it back year after year with the energy savings and home comfort.

1. Get an energy audit **and implement the recommended measures!**
2. Replace your inefficient heating/cooling equipment with a high efficiency model, such as an air-source or ground-source heat pump.
3. Add insulation in your attic.
4. Replace old appliances with Energy Star® appliances.
5. Repair and insulate duct work if it isn't properly done already.
6. Replace an older water heater with an energy-efficient model.
7. Install more cold air returns if your house needs increased air circulation to increase furnace efficiency.
8. Install Energy Star® windows and doors.



Take Control & Save your energy!

There are many additional ways you can reduce your energy use and costs other than those listed here. To find more about how to save energy and money in your home, or to see more detailed information on some of the measures listed here, visit www.TakeControlAndSave.coop.

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 **Lewis County REC**
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