

Indoor Energy Conservation Tips

- Energy efficient fluorescent light bulbs instead of incandescent light bulbs
- Window cling film
- Insulation
- Caulk
- Outlet foam (place under outlet covers)
- Insulated curtains

Refrigerators: Defrost your refrigerator before it ices up, Avoid opening and closing the door continuously. Keep grills and coils clean. Keep temperature between 37-40 degrees and freezer 0-10 degrees.

Dishwashers: Run dishwasher only when full, using the shortest possible cycle that gets dishes clean. Open door and let dishes air dry.

Small appliances: Use hand can openers, mixers, etc. when possible. Keep vacuum bag emptied to avoid suction reduction.

Light bulbs: Dirt absorbs light – keep lights clean. Turn off lights when not in use.

Bathroom: Take short showers, baths use more hot water, hence more energy. Don't run water while brushing teeth or shaving. Don't use more soap than you really need, as it requires excess rinsing.

Home Cooling: Buy the smallest size air conditioner that will do the job. Place window units on shady side of house, or provide shade from sun. Keep grills and filters clean. Close wall and floor registers.

Home Heating: Have at least 6" insulation in attic floor. Weatherstrip windows and doors. Caulk around exterior doors, windows, ceiling fixtures upstairs. Close fireplace damper when not in use. Insulated unheated basement ceilings. Close drapes at night, open in daytime. Practice "turning down the heat" a little more each week – instead bundle up with extra clothing.

Kitchen: Use small appliances for small meals. Cook one-dish meals as often as you can. Cook more than one meal at a time, for reheating later. Do not preheat oven except for very short baking jobs. Use oven more in cold weather.

Laundry: Wash and dry only full loads. Use cold water. Keep lint screens clean. Dry in consecutive loads while dryer is warm. Remove clothes immediately to reduce wrinkling and ironing.

Close off rooms when not in use

Faulty appliances waste energy – repair or replace

Turn off appliances when not in use

Avoid when possible the use of appliances between 5-8pm in Winter and 1-