

# Forty Tips to Save Energy



Here are some energy saving tips to spark the creativity of your students and help them identify ways to efficiently use energy in and around their homes.

## Heating and Cooling

1. On cold days, keep the heat as low as you comfortably can. Experts recommend keeping the heat at 66 to 68 F (18.9 to 20 C) during the day and 60 to 62 F (15.6 to 16.7 C) at night. On hot days, keep the air conditioner at 76 to 78 F (24.4 to 25.6 C).
2. Set the thermostat to 55 F (12.8 C) when you are on vacation in the winter.
3. In the winter, keep draperies and shades open in sunny windows; close them at night. In the summer, close window coverings when the sun is shining directly in the windows.
4. Caulk and weather-strip doors and windows.
5. Install storm windows and doors.
6. Check the insulation above the ceilings, piping and heating ducts.
7. If your fireplace is not in use, close the damper.
8. In the warm months, when the outside temperature is cooler than the inside temperature, open the windows.
9. Clean or replace furnace filters regularly.

## Kitchen

10. A microwave oven can cut down on cooking time.
11. Use pans with lids to speed up cooking time.
12. Match the size of the pan to the heating element.
13. Use the dishwasher only when fully loaded.
14. Avoid opening the oven door while baking.
15. Open the refrigerator and freezer for as short a period of time as possible to keep cold air in.
16. Every three months, vacuum the condenser coils located at the bottom or rear of the refrigerator.

## Laundry

17. Run the washer and dryer only with full loads.
18. Wash and rinse clothes in cold water.
19. Remove the lint from your dryer filters every time you use them.

## Water Heating

20. Take a quick shower rather than a tub bath.
21. Do not let the water run while brushing teeth, washing hair or shaving.
22. Repair leaky faucets immediately.
23. Install an energy-efficient shower head to save energy and water.
24. Install faucet aerators.
25. If your water heater feels warm to the touch, wrap it with an insulation blanket (for electric water heaters only).

## Lighting

26. Turn off lights when you leave the room or in any room not being used.
27. Keep bulbs and fixtures clean. Accumulation of dust can lower lighting levels.
28. Replace incandescent bulbs with light-emitting diode (LED) bulbs.
29. Use low wattage bulbs in areas such as closets and porches.
30. Paint your walls white or a lighter color. Lighter colors reflect the light and increase the brightness of a room.
31. Use spot lighting for work or reading areas.
32. Keep windows clean to allow the maximum amount of natural light in.

## Transportation

33. Keep your car's engine properly tuned. Keep fuel and air filters clean and tires properly inflated.
34. Encourage your family to walk or ride a bicycle whenever possible.
35. Save fuel by combining necessary errands into one trip.
36. Keep your car's weight to a minimum. Remove luggage and ski racks when not in use, because air resistance becomes a major factor in fuel mileage.

## Outside

37. Plant deciduous trees and vines on the south and west sides of your home to provide shade in the summer and sunshine in the winter.
38. Lawns should be watered in the morning to reduce evaporation.
39. Landscape with plants for your yard that do not require a lot of water. These should be plants that are native to your area.
40. Check sprinklers to make sure they are properly adjusted to water plants and not the sidewalk and driveway.

**Every time you use energy at home, at school or anywhere, remember these two basic rules:**

- Use energy only when you need it.
- Use only as much as you need.

(Source: [energy.gov](https://www.energy.gov), accessed March 2023)