**100 Low-Cost/No-Cost**

**Home Energy-Saving Measures**

**Water Heating**

**1.** Set water heater temperature no higher than 120°F.  
**2.** Install water-heater wrap per manufacturer’s instructions.  
**4.** Drain 1- 2 gallons from bottom of water heater each year to reduce sediment build up.  
**5.** Install heat traps on hot and cold water lines when it’s time to replace your water heater.  
**6.** Insulate exposed hot water lines.  
**7.** Limit shower length to 5-7 minutes.  
**8.** Install low-flow shower heads.  
**9.** Fix dripping faucets.  
**10.** Don’t let water run while you are shaving.  
**11.** Don’t let water run while brushing your teeth.

**Laundry**

**12.** Wash clothes in cold water. Use hot water only for very dirty loads.  
**13.** Do only full laundry loads.  
**14.** If you must do smaller loads, adjust the water level in the washing machine to match the load size, especially when using hot water.  
**15.** Always use cold-water rinse.  
**16.** Use bath towels at least twice before washing them.  
**17.** Clean your dryer’s lint trap before each load.  
**18.** Make sure that the outdoor dryer exhaust door closes when dryer is off.  
**19.** Verify dryer vent hose is tightly connected to inside wall fitting.  
**20.** Check that the dryer vent hose is tightly connected to dryer.  
**21.** Make sure dryer vent hose is not kinked or clogged.  
**22.** Minimize clothes drying time; use moisture sensor on dryer if available.  
**23.** Dry consecutive loads to harvest heat remaining in dryer from last load.  
**24.** Consider using a “solar-powered” clothes dryer, an old-fashioned clothes line.

**Kitchen**

**25.** Use your refrigerator’s anti-sweat feature only if necessary.  
**26.** Switch your refrigerator’s power-saver to “ON,” if available.  
**27.** Clean refrigerator coils annually.  
**28.** Set the refrigerator temperature to 34° 37°F and freezer temperature to 0° 5°F.  
**29.** Ensure gaskets around door seal tightly.  
**30.** Unplug unused refrigerators or freezers.  
**31.** Use microwave for cooking when possible.  
**32.** When cooking on the range, use pot lids to help food cook faster.  
**33.** If you are heating water, use hot tap water instead of cold.  
**34.** Remember to use the kitchen exhaust fan when cooking and turn it off after cooking.  
**35.** Let hot food cool before storing it in the refrigerator.  
**36.** Rinse dirty dishes with cold water before putting them into the dishwasher  
**37.** Use cold water for garbage disposal.  
**38.** Only run dishwasher when fully loaded.  
**39.** Use air-dry cycle instead of heat-dry cycle to dry dishes.

**Lighting**

**40.** Replace any light bulb that burns more than one hour per day with its equivalent LED.  
**41.** Turn off unnecessary lighting.  
**42.** Replace outdoor lighting with its outdoor-rated equivalent LED bulb.  
**43.** Use fixtures with electronic ballasts and T-8, 32-Watt fluorescent lamps.  
**44.** Use outdoor security lights with a photocell and/or a motion sensor.

**Miscellaneous**

**45.** Turn computers and monitors off when not in use.  
**46.** Make sure electric blankets are turned off in the morning.  
**47.** Turn waterbed heater off when not needed.  
**48.** Turn large-screen TV’s off completely when not in use.  
**49.** Turn off stereos and radios when not in use.  
**50.** Remember to turn off hair curling irons and hot rollers.  
**51.** Turn off coffee makers when not in use.  
**52.** Turn off pool pump and/or heater when not needed.  
**53.** Verify livestock water tank heaters are off when not needed.  
**54.** Make sure heat tape is off when not needed.  
**55.** Unplug battery chargers when not needed.  
**56.** Ensure all new appliances you purchase are Energy Star-approved.

**Heating & Air Conditioning**

**57.** Set thermostats to 78o F in summer, 68o F in winter.  
**58.** Run ceiling paddle fans on medium, blowing down in summer.  
**59.** Run ceiling paddle fans on low, blowing up in winter.  
**60.** Change HVAC filters monthly.  
**61.** When installing new air filters, make sure they are facing in the correct direction. (Look for arrow on side of filter.)  
**62.** When heating or cooling, keep windows locked.  
**63.** Insulate electric wall plugs and wall switches with foam pads.  
**64.** Caulk along baseboards with a clear sealant.  
**65.** Close fireplace dampers when not burning a fire.  
**66.** Caulk around plumbing penetrations that come through walls beneath bathroom and kitchen sinks.  
**67.** Caulk electrical wire penetrations at the top of the interior walls.  
**68.** Close shades and drapes at night to keep heat in during the winter.  
**69.** Make sure drapes and shades are open to catch free solar heat in the winter.  
**70.** Close shades and drapes during the day to help keep heat out during summer.  
**71.** Ensure attic access door closes tightly.  
**72.** Insulate attic access door.  
**73.** Make sure insulation in your attic does not block soffit vents.  
**74.** Do not close off unused rooms that are conditioned by forced-air systems.  
**75.** Do not close supply air registers.  
**76.** Ensure return air grilles are not blocked by furniture of bookcases.  
**77.** Ensure windows and doors are properly weather-stripped.  
**78.** Make sure outside soffit vents are not blocked.  
**79.** Do not use roof-top power ventilators for attic exhaust as they may evacuate conditioned air from your home.  
**80.** Have your HVAC system serviced once per year by a NATE-certified technician.

**81.** Monitor your home’s relative humidity in the summer. If it consistently stays in the 60-percent range or higher,  
ask your HVAC technician about lowering your central air conditioning unit’s indoor fan speed.  
**82.** Ensure window A/C units are weather-stripped.  
**83.** Ensure windows with window mounted A/C unites have weather-stripping between the middle of the top and  
bottom pane.  
**84.** Remove and clean window A/C filter monthly.  
**85.** Keep “fresh-air” vents on window A/C units closed.  
**86.** Minimize use of electric space heaters.  
**87.** When using the fireplace, reduce heat loss by opening damper in the bottom of the firebox (if provided) or open the nearest window slightly.  
**88.** Caulk around basement windows.  
**89.** In a basement, seal the sill and band joist with durable caulking or foam sealant.  
**90.** Ensure floor registers are not blocked with rugs, drapes or furniture.  
**91.** Ensure your outdoor heat pump / air conditioning unit is kept clean and free of debris.  
**92.** Outside your home, caulk around all penetrations including telephone, electrical, cable, gas, water spigots, dryer vents, etc.  
**93.** Caulk around storm windows.  
**94.** Use heavy-duty, clear sheets of plastic on the inside of windows to reduce the amount of cold air entering your home.  
**95.** Verify your supply air duct “boots” (behind supply air registers) are caulked to your ceiling or wall sheetrock or flooring.  
**96.** If in unconditioned space, verify your ducts are tightly connected to your HVAC equipment.  
**97.** Verify all outdoor doors (including storm doors) close and seal tightly.  
**98.** In two-story homes serviced by one HVAC system, a paddle fan at the top of the stairs can push down hot, second-floor air.  
**99.** Install 15 minute, spring-wound timers on bathroom ventilator fans.  
**100.** Always run your HVAC system fan on “AUTO.” Running it on “ON” uses more electricity and can decrease your air conditioner’s ability to remove moisture.  
**101.** Keep your garage door down. A warmer garage in the winter and cooler garage in the summer will save energy.