

 Check off

75 ways 

To save energy around the home



Bathroom

Stay in hot water for less

Next to heating and cooling, your water heater uses the most energy – and offers the most opportunities to save. Follow these hints to get the most from it:

1. Insulate your water heater and the first 6 feet of your hot water pipes with easy-to-use blankets and wraps available at many home improvement stores (follow manufacturer recommendations).
2. Locate the water heater close to where you use the most hot water, avoiding long pipe runs that lose heat.
3. Set the thermostat at the temperature the manufacturer suggests. Most users find 120° to be adequate.
4. Drain a bucket of water from the bottom of the tank periodically to remove sediment. Consult manufacturer's recommendations.

→ 5 If you go on vacation, turn the temperature selector to the lowest setting.

6. Take showers instead of baths and save about 50 percent of the energy.
7. Install low-flow shower heads and faucet aerators. The pressure will stay the same, but water use will decrease.
8. Repair leaky faucets. A faucet leaking a drop per second can lose 650 gallons – and the money to heat them – in a year.
9. Don't run water while shaving or doing dishes. Fill up the sink and use the drain plug.





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Utility room

A better laundry list

Whether you're washing, drying or ironing, these tips will help you use electricity as efficiently as possible and reduce your energy costs.

10. Wash full loads only, or use a small load setting.
11. Choose the lowest appropriate water temperature. Wash your clothes in cold water using cold-water detergents.

→ 12 Always rinse with cold water. It works just as well and saves energy.

13. If you are in the market for a new washer, consider buying front-loading equipment. These units use 35 percent less water and 55 percent less energy to wash clothes than regular washing machines.
14. Consider replacing your washer with a new ENERGY STAR qualified washer and use less water and energy.
15. Clean your dryer's lint filter after each use.
16. Don't overload the dryer. You'll waste energy and create lint and wrinkles.
17. Use the lowest heat setting possible, and don't overdry. You'll damage fabrics and create wrinkles.
18. Dry consecutive loads to get the most from heat retained in the dryer.
19. Drying items of similar weights together uses less energy.
20. Heating your iron takes a lot of electricity, so iron several items at a time once it's hot.
21. Start by ironing items that need the lowest setting (delicates), then proceed to medium heat (wool), then high (cottons).
22. If you remove items from the dryer promptly, you may not have to iron at all!



Choose the lowest appropriate water temperature. Only use hot water for white or hard-to-clean clothes and for sterilization.



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Saving energy around the Kitchen

Cook smart

Whatever you're cooking, you can save energy and money with these tips:

23. Flat-bottomed pans with straight sides and snug lids work best on the range top.
24. Keep burner reflector pans clean to maximize available heat.
25. When cooking vegetables or pasta, measure water to be boiled. Don't heat more than you need.
26. If suggested cooking temperatures are within 25°, consider cooking several dishes at the same time to save oven heat. Freeze extra servings for future meals.

→ 27 Use glass or ceramic bakeware and you can decrease the oven setting by 25° for the same results.

28. Avoid opening the oven door to check on food. Each time the door is opened, a considerable amount of heat escapes.
29. Use a timer so you don't preheat the oven longer than necessary. No preheating is needed for broiled food and dishes cooked more than an hour.
30. When foods cook for 45 minutes or more, turn the oven off for the last 10 minutes and use retained heat to finish the job.
31. Use your microwave, toaster oven or convection oven instead of your large oven for smaller meals and save up to 50 percent of the energy.

A greater refrigerator

Encourage your family to follow these rules to help your refrigerator run efficiently and save energy.

32. Don't keep your refrigerator or freezer too cold. Recommended temperatures are 37°-40° F for fresh food compartments and 5° F for the freezer section.
33. Make sure your refrigerator door seals are air-tight and replace worn door gaskets. If a dollar bill closed in the door can be slipped out easily, you're losing cold air.
34. If the cooling coils are accessible, vacuum frequently to remove built-up dust.
35. Consider recycling an older second refrigerator to save up to \$150 annually.
36. When you need to replace your refrigerator, look for an ENERGY STAR model, which uses up to 20 percent less energy than non-ENERGY STAR models.

→ 37 Keep refrigerator full but not crowded, with space for air to circulate around all foods.

38. Cool hot foods at room temperature for 15 minutes before refrigerating or freezing, and cover liquids to decrease condensation.
39. Keep door closed as much as possible.

Dish it out

Even your dishwasher can save energy and money when it's properly used.


40. Scrape, but don't rinse, dishes before loading to remove debris.
41. Wait until you have a full load before operating.
42. Arrange dishes as manufacturer suggests for best efficiency.
43. Clean filter screen over the drain periodically to eliminate debris.
44. Use "partial load" cycles to conserve electricity.
45. Select the "air dry" cycle, or simply turn the machine off after dishes have been washed. They'll be just as clean – and you'll save money.
46. Avoid using the "rinse hold" on your machine for just a few soiled dishes. It uses 3-7 gallons of hot water per use.



Keep burners clean to maximize available heat.



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Replace worn door gaskets. If a dollar bill closed in the door can be slipped out easily, you're losing cold air. →

↑
Don't run water while doing dishes. Fill up the sink and use the drain plug.

↑
Select the "air dry" cycle, or simply turn the dishwasher off after items have been washed.

Saving energy around the Living room

Light it right

Even the youngest member of your household can help save electricity with this bright approach to lighting.

47. Use LED bulbs. They use about 90 percent less energy than incandescent bulbs, give the same or greater light output, and last up to 25 times longer!
48. Choose bulbs by comparing lumens (brightness) produced rather than watts used.
49. A single large bulb works more efficiently than several smaller bulbs.
50. Install “task lighting” over work areas in larger rooms.

Heating and cooling tips

Your furnace and central air conditioner use a single air distribution system. Follow these suggestions and you'll save money year round:

51. In most situations, a programmable or smart thermostat can save you money without sacrificing comfort.
52. Clean or replace furnace and air conditioning filters once a month or as needed. Dirty filters use more energy and decrease system life.

→ 53 Keep windows and doors closed, especially the outside doors of attached garages.

54. Install insulating drapes or blinds over windows and sliding glass doors.

55. Don't block floor registers or return air vents with furniture or drapes – and keep return air vents clean.
56. An energy-efficient heat pump can both heat and cool your home and may reduce operating costs over a furnace and air conditioner. Choose a heat pump with a SEER (Seasonal Energy Efficiency Ratio) of 16 or more for top savings.
57. Have heating and cooling system inspected annually.

Put the “Win” in winter


Winterizing your home is one of the best ways to save energy and money.

→ 58 Use a humidifier in cold weather. Moist air is warmer and saves heating costs.


59. Use ceiling fans to move air. During winter heating, blades should turn in a clockwise motion. During summer, blades should rotate in a counter-clockwise motion.



60. Open drapes during the day to let the sun in; close them at night to retain heat.
61. Install glass fireplace doors, and close them (and the damper) when the fire is out.

A living room scene featuring a lamp on a side table, a grey sofa with a guitar on it, and a window with blue curtains. A green arrow points up from the text box to the window.

Install insulating drapes or blinds over large windows and sliding glass doors.

A living room scene featuring a lamp on a side table, a grey sofa with a guitar on it, and a window with blue curtains. A green arrow points up from the text box to the lamp.

A single large bulb works more efficiently than several smaller bulbs.

Use clean, light-colored lamp shades and locate lamps in room corners to maximize reflected light.



Consult your HVAC technician to discuss a programmable or smart thermostat.



House

Seal it up tight

The most important way to save energy is to insulate your home against the loss of heating and cooling. Here are some of the best ways to tighten up:

63. Add insulation to your attic to reduce energy loss through the roof – the single greatest area of loss in most homes. Use R-49 insulation or about 10-14 inches (depending on insulation type) for the best energy-efficiency value.
64. Floors over unheated basements, garages, porches and crawlspaces should have adequate insulation.
65. Repair any leaks in heating/cooling ductwork. Insulate ductwork that runs through unconditioned spaces.
66. Install storm windows and doors. The “dead air” sandwiched between glass panes is an insulator that cuts energy loss.

→ 67 Weatherstrip or caulk around windows, door frames and where baseboards meet walls.

68. Install foam insulator pads between electrical outlets and switchplates to reduce air entry.



Chill the bill in summer


Install energy-efficient equipment, then do these simple things to help keep you cool. You'll save electricity and money all summer.

69. For a new central air conditioner, look for an ENERGY STAR model with a SEER (Seasonal Energy Efficiency Ratio) of 16 or more.
70. Keep outdoor units clean and clear of leaves and debris.
71. When using window units, install them on the shady side of your home for the most efficient performance.
72. Use awnings and close blinds and drapes on sunny windows to block the sun's heat.

→ 73 Schedule a **FREE Home Energy Assessment** through AES Indiana and have a qualified advisor come to your home.

74. Run a ventilator fan when showering to decrease humidity.
75. On mild days, open windows and enjoy the fresh air.





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Weatherstrip or caulk around windows, door frames and where baseboards meet walls.



Install storm windows and doors. The “dead” air sandwiched between glass panes is an insulator that cuts energy loss.





Use awnings, blinds and drapes on sunny windows.



Install a high-efficiency heat pump or central air conditioner.



Save energy. Save money.

With the 75 tips in this brochure, you can enjoy the same lifestyle while using less energy. You help the environment, and manage your energy costs.

AES Indiana's Ways to Save programs help you manage your energy usage and lower your utility costs.

The bottom line? Everyone wins when energy is used more wisely.

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