

## Save Energy Today!

You can take a few simple actions today to save energy.

- Set your thermostat low in the winter and high in the summer.
- Install a programmable thermostat to control your home's temperature automatically.
- Turn off your computer and monitor when not in use.
- Use power strips and turn them off when equipment is not being used.
- Lower the thermostat on your water heater to 120 degrees.
- Take short showers instead of baths.
- Use only cold water when running your garbage disposal. This saves hot water and solidifies grease which is then ground up and washed down the drain.
- Lower your thermostat by 4 - 5 degrees Celsius (7 - 9 degrees Fahrenheit) while you're sleeping at night and when no one is at home.
- Switch to cold when doing your laundry. 85 – 90% of the energy used to wash your clothes is used to heat the water. By turning the dial to cold on your washing machine, you help the environment, save energy, and save money.
- Always wash a full load in your dishwasher and air-dry your dishes on the “energy saver” setting.
- Unplug your chargers when you're not charging. Every house is full of little plastic power supplies to charge cell phones, PDA's, digital cameras, cordless tools and other personal gadgets. Keep them unplugged until you need them.
- Use toaster ovens, crock pots, microwaves when you are cooking small to medium-sized meals. They use less energy than your stove or oven.
- The loss of cold air is substantial every time you open your refrigerator and freezer door, so know what you want before you open the door, remove it quickly and shut

the door. Arrange your refrigerator so things are easy to find and the most frequently used items are also the most easily accessible. In the freezer, label items with freezer tape and magic marker for quick identification.

- Every time you open the oven door, the oven loses about 20 percent of its heat, so don't keep opening the door to see if your dish is done. Follow the time in the recipe instead. **Don't Overcook**
- When leaving a room for even a short time, turn off the lights.
- Towel and air dry your hair whenever possible. Running an electric hair dryer for 10 minutes uses the same amount of energy as burning a 60 watt light bulb for three hours
- If you use air-conditioning, set your thermostat as high as comfortably possible in the summer. The less difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be. Don't set your thermostat at a colder setting than normal when you turn it on. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.