

13 Ways to Cut Your Energy Bill and Live Green

1. Control Your Thermostat

- Set Thermostat at 65 to 70 degrees when home, turn down to 55 to 60 degrees when gone for more than 3 hours or sleeping.
- Check thermostat accuracy with a standard room thermometer.
- For every degree you turn your heat down you save \$3 to \$5 a mo.

2. Set Water Heater to 120 degrees

- Turn off the breaker or set on Vacation when you will be gone for more than two days.

3. Control the flow of your water

- Install low flow showerheads and sink aerators.
- Showers use less water than baths.
- Fix any leaky faucets, toilets or water pipes. This is especially important for hot water, but they all add up to a lot of water.

4. Laundry and Dishwashing – The Green Laundry

- Wash full loads of laundry with cold water – washing clothes in hot water costs 20 to 40 cents per load and does not sterilize.
- Line dry whenever possible. Remember to turn clothes inside out when drying in the sun to prevent color fading.
- Make sure dishwasher holds a full load before using & air-dry the dishes, just prop the door open.
- Use non-toxic soaps & alternative cleaners.

5. Plug Air Leaks in Ceiling, Walls and Floors

- Install door sweeps, weather stripping and caulking around doors and doorframes.
- Seal cracked glass, caulk or glaze around edges, seal pulley holes in windows. You can buy special weather stripping for sliding glass doors. Put plastic storm windows up over your windows, the shrink-to-fit and the double-sided tape work well and are easy to remove when you want to reopen your windows.
- Cover and seal off fireplaces when not in use.
- Fill & cover large holes, and caulk or foam seal small holes at the plumbing breaks.
- Seal electric outlets and light switches (on exterior walls) with special gaskets.
- Caulk baseboard trim at the base of exterior walls.
- Cover & seal any other holes with insulation, or crumpled plastic bags covered with cardboard and sealed with duct tape.

6. Change Furnace Filters

- Change your filters every month during the heating season. They have reusable filters available now for most furnaces that just need cleaning on a monthly basis.

7. Refrigerators

- Keep refrigerator at 38 degrees, check with a thermometer.
- Clean the coils and motor once a month.
- Keep freezer at 0 to 10 degrees and defrost when needed.
- Keep refrigerator full for optimal use of energy.

8. Use Non-toxic Cleaning Alternatives in Your Home (Basic Recipes)

9. Compost

- Start a composting bin for food waste & yard waste.
- Worm bins work with newspaper and other paper products.

10. Reduce, Reuse & Recycle

- Use your blue bin, magazines can be recycled through that, or donate them to offices, community centers, nursing homes etc.
- Reuse plastic spray bottles and put non-toxic cleaners you've made into them.
- Buy in bulk when possible & be aware of the packaging you will have to throw away. Starting a food coop to buy organic or in bulk is one way to do this. (Azure Standard <http://www.azurefarm.com> or P.E.A.C.H. www.peachsafefood.org)
- Remove yourself from junk mail lists.

11. Replace Paper Products with Reusable Products

- Use recycled, non-chlorine bleached paper when possible.
- Use old towels, rags or cheesecloth instead of paper towels for cleaning up spills.
Albertson's has cheesecloth for \$2.99 for several feet.

12. Take Your Own Bags to the Store

- The Canvas bag we give out.
- If you use plastic bags or paper, use them until they wear out. Most stores will give you 5 cents off the total for each bag you supply.

13. Skip a Car Trip Each Week

- Walk or bike to work if possible.
- Carpool
- Public Transit
- Every 10 miles you drive equals 9 pounds of carbon dioxide released into the air.

