

Lighting Tips

- Exterior lighting is one of the best places to use incandescent fluorescent lamps because of their long life. If you live in a cold climate, be sure to buy a lamp with a cold-weather ballast.
- Turn off lights that are not needed, like in unused rooms.
- Replace incandescent light bulbs with new, energy-efficient compact fluorescent lights.
- Replace all bulbs with lowest acceptable wattages.
- Use timers or motion detectors on lamps that are used for security lighting.
- Use natural daylight as much as possible.
- When possible, use one large bulb rather than several smaller ones.
- Clean your light bulbs regularly, since dirt diffuses light, decreasing illumination.

Cooling Tips

- Keep your thermostat set at 78 degree Fahrenheit; or higher, and on "auto," not "on." Each degree can mean up to 9% savings on cooling costs.
- If your central or room air conditioner is more than 10 years old, it could be doubling your cooling costs.
- Use ceiling fans to circulate air. They use about as much electricity as a light bulb and can make you feel comfortable at higher thermostat settings. Oh, and do not forget to turn fans off when you leave the room.
- Clean or replace your air conditioner filter monthly so your A/C runs efficiently.
- Plan ahead! Schedule heat-producing activities like laundry, ironing, and cooking at cooler times of day when possible.
- Turn off lights when not needed, especially incandescent and halogen types.
- Be aware of temperatures! If it's cooler inside than outside, then close all windows and drapes. If it's cooler outside, open everything up to ventilate and let the outside air cool your house.
- Use drapes, shades, awnings and reflective materials to reduce the heat entering through glass.
- Use room exhaust fans in the kitchen, laundry and bathroom to pull hot, humid air up and out.
- Apply weather stripping and caulking around all doors and windows to keep the chilled air inside your house.
- Install a setback thermostat (Clock thermostat) that automatically switches your air conditioner to a higher cooling setting while you are away.

Major Electrical Appliances Usage Tips

Cooking

- Use your microwave oven in place of your range oven whenever possible.
- When you have to use your oven, cook more than one item at a time.
- Use flat-bottom pans for best contact with the heat, with tight-fitting lids to keep the steam in the pan.
- Clean or replace your air conditioner filter monthly so your A/C runs efficiently.
- Use smaller amounts of water for cooking; use the lowest possible heat to maintain boiling or steaming.
- Preheat oven only 5 to 8 minutes when baking; do not preheat oven for broiling or roasting.
- Self-cleaning ovens have thicker insulation and will retain heat, making these models more energy-efficient than regular ovens.
- Use the self-cleaning feature on your oven only when absolutely needed.
- Pressure cookers use much less energy than ordinary pots and pans.
- Use small cooking appliances (electric fry pans, toaster ovens, etc.) whenever possible.

Refrigeration / Freezing

- Keep your refrigerator temperature at 38 degree Fahrenheit.
- Freezer temperature should be maintained at 10 degree Fahrenheit.
- Defrost your freezer when ice or frost buildup is 1/4" or thicker.
- Check your refrigerator/freezer door gasket periodically for signs of deterioration.
- Vacuum or brush the cooling coils (in back) at least every six months.
- Allow hot food to cool for no longer than a half hour before placing in refrigerator.