

# Summer Energy Savings Checklist

Household Energy Savings	
Wash clothes in cold water for a savings of \$30 to \$40 each year.	<input type="checkbox"/>
Use your clothes washer and dryer only for full loads.	<input type="checkbox"/>
Don't over-dry clothes. An extra 15 minutes per load can cost \$30 each year.	<input type="checkbox"/>
Clean the lint trap before every load to save up to \$34 a year.	<input type="checkbox"/>
Set your water heater at 120°. At 140°, your water heater can waste anywhere from \$36 to \$61 each year.	<input type="checkbox"/>
Install a low-flow showerhead for a savings of up to \$145 annually.	<input type="checkbox"/>
Replace the bulbs in your five most frequently used light fixtures with ENERGY STAR qualified compact fluorescent light bulbs (CFLs). Doing so can save you up to \$70 each year.	<input type="checkbox"/>
Turn off lights, radios, TVs, stereos, etc., when no one is using them.	<input type="checkbox"/>
Use a power strip as a central turnoff point when you are done using equipment. This can help you save up to \$100 each year.	<input type="checkbox"/>
Save additional money by participating in your utility's rebate programs.	<input type="checkbox"/>

Heating & Cooling System	
Set your thermostat at 68° to 70° in the winter and 78° to 80° in the summer unless medically advised otherwise.	<input type="checkbox"/>
Install a programmable thermostat to automatically adjust the temperature setting while you're away. By doing so, you can save up to \$180 in energy costs each year.	<input type="checkbox"/>
Keep doors and windows closed when operating your heater or air conditioner.	<input type="checkbox"/>
Set your ceiling fans to rotate counterclockwise (to blow air down) in the summer to create a cooling breeze and clockwise (to circulate warm air down) in the winter.	<input type="checkbox"/>
Ceiling fans cool people, not rooms. Turn off the ceiling fan when no one is in the room.	<input type="checkbox"/>
Replace or clean the air filters for your heating or cooling system monthly. In the summer, close drapes and blinds during the day to help keep out the sunlight and heat.	<input type="checkbox"/>
In the winter, open window coverings during the day to let in heat from the sun. Close window coverings at night to keep in heat.	<input type="checkbox"/>
Avoid using portable heaters, which use more energy and may become a fire hazard.	<input type="checkbox"/>
Install weather stripping around doors and windows to keep cool air inside during the summer and warm air inside during the winter.	<input type="checkbox"/>

Kitchen Appliances	
Match the right-size pots and pans with the burners on your stove to avoid wasting heat. This can help you save \$18 to \$36 each year.	<input type="checkbox"/>
Cover pots and pans to keep the heat in when cooking.	<input type="checkbox"/>
Turn your oven off 15 minutes before the end of the baking time.	<input type="checkbox"/>
Never use the stove or oven to heat the house.	<input type="checkbox"/>
Wash dishes all at once instead of several times during the day.	<input type="checkbox"/>
Keep the refrigerator door closed. Every time it's opened, 30% of the cold air escapes	<input type="checkbox"/>
Recycle your old, working refrigerator instead of placing it in your garage or on your patio. Doing so can help you save up to \$100 each year.	<input type="checkbox"/>