

Energy Conservation

Saving energy is good for the environment. It's also a good way to save money on your utility bills each month.

No Cost Energy Saving Tips

Here below are some things you can do to conserve energy that do not cost anything.



During cold weather months, set your heater to 68 degrees or lower while you are home, and no more than 58 degrees when you leave the house.

Close your curtains or window shades to keep warm air in during the winter.

In the summer, avoid using the oven. Use the stove top or microwave instead.

Some chores will make your home warmer, like cooking and laundry. Wait until cooler hours of the day to do these tasks.

Only turn on lights you really need. Do not leave lights on in rooms that you are not using.

Air dry your clothes. Avoid using the dryer and hang clothes in the fresh air.

If you use an air conditioner, make sure the vents are clean and that those that go to the outside are not blocked by plants or debris.

Take shorter showers. This will cut down on the amount of water you use as well as the heating costs.



Unplug small appliances when you are not using them. Phone chargers, computers, coffee makers and televisions continue to use electricity when they are plugged in – even when they are not in use.

Wait until you have a full load before using the dishwasher or washing machine.

Low Cost Tips



Trying these tips may cost a little but they will save you more in energy costs over time.

Gaps around windows and doors can let cold air inside, causing you to spend more in heating costs. Use low cost caulk from a hardware store to fill the gaps.

Buy a water heater jacket to help prevent heat loss.

Energy saving showerheads will help you save on hot water costs.

Replace your light bulbs with compact fluorescent bulbs. They will last 10 times longer and use one-fourth the amount of energy as incandescent light bulbs.

In warm weather, cover your windows during the day to block the sun, and open your windows in the evenings to let cool air inside.

Your CHANGES organization can check your bills, help you fill out paperwork, talk to the utility company for you, and answer your questions and/or concerns.

Contact your local CHANGES organization for assistance:



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