

Saving Energy is Easy!

This year marks THAW's 30th year of assisting Michigan families in need of utility assistance. In honor of our anniversary, here are 30 easy, low-cost or no-cost energy tips to help you save on your energy costs this winter.

BATHROOM

- Use low-flow shower heads and faucets.
- Turn bathroom fans off before you leave the room to keep warm air from leaving the home.
- Take short showers over baths to reduce water heating costs.
- Don't let water run. Turn it off when not needed for brushing teeth, shaving, or washing hands.
- Repair leaky or dripping faucets to avoid wasting water.

KITCHEN

- Use the microwave or the stove top to cook food over using your oven.
- Know what you want before opening the refrigerator door. Keeping the door closed saves energy.
- Run cold water for the garbage disposal instead of hot water.
- Operate the dishwasher only when the loads are full and air-dry dishes on the energy saver setting.

LAUNDRY

- Only wash and dry full loads of laundry.
- Use the washing machine's cold water setting.
- Clean the lint trap in the dryer after drying each load to improve air circulation.
- Use a drying rack to air-dry your laundry.

LIGHTING

- Change incandescent light bulbs to CFLs.
- Use dimmer switches or timers on your lights.
- If you use lights for your holiday decorating, use LED lights that use less energy.
- Look for ENERGY STAR qualified fixtures when purchasing new lighting devices.

HEATING/COOLING

- Place draft-stoppers under your doors to keep the cold air outside.
- Replace your furnace filter once a month or as needed.
- Turn down the temperature of your water heater to the warm setting (120 degrees F).
- Save on heating costs by installing a programmable thermostat.
- Keep the thermostat heat temperature at 68 degrees F to maximum savings.

LIVING AREAS

- Shut off lights, fans, appliances, TV, and stereo when you leave the room.
- Cover drafty windows with plastic sheeting.
- Add caulk or weather stripping to seal air leaks around leaky doors or windows.
- Lower the thermostat when home and wear warm clothing (sweater or blanket).
- Close vents or registers in rooms you are not using and close the door. If you have storm windows, make sure they are closed and in place.
- Insulate the attic, walls, and crawl spaces.
- Encourage everyone in the household to gather around one television. It will save energy and encourages family time.
- Open window blinds and curtains during the daytime to naturally warm your rooms from direct sunlight.

