

ENERGY SAVINGS CHECKLIST



Appalachian
Voices

Heating & Cooling: 43% of home energy use

- In the winter, set your thermostat to 68°F while you're awake and set it lower while you're asleep or away from home. By turning your thermostat back 10° to 15° for eight hours, you can save 5% to 15% a year on your heating bill -- a savings of as much as 1% for each degree if the setback period is eight hours long.
- In the summer, keep your house warmer than normal when you are away, and set the thermostat to 78°F only when you are at home and need cooling.
- Programmable thermostats can help you maintain the settings for optimal energy savings and will allow you to avoid any discomfort by returning temperatures to a comfortable level before you wake or return home.
- Close the damper and door on your fireplace when not in use. 15% of your heating can escape through your chimney.
- Clean or replace filters on furnaces and air conditioners at least every three months.
- Use the sun and shade to your advantage. Open your curtains and blinds during the day in the winter. Plant trees for shade in front of south and west facing windows to block the summer sun.

Lighting: 11% of home energy use

- Turn off lights in unoccupied rooms. A motion detector can help, especially for outdoor lighting.
- Wipe dust off bulbs with a rag or cloth to get the maximum amount of light.
- Use a lamp for tasks, when applicable, rather than lighting a whole room.
- Replace incandescent bulbs with LEDs. Although they cost a bit more, they last 25 times longer and use 80% less energy. You can save around \$40 a year per bulb by making the switch.

Appliances: 24% of home energy use

- Unplug electronics when not in use. Phantom loads can cost the the average home up to \$200 a year! Plug electronics into a power strip so that you can turn multiple electronics off with ease.
 - Gaming systems cost \$26 a year when not in use and a plugged-in laptop costs \$16 a year.
- Screensavers do not use less energy. Turn your monitor off or put it in sleep mode.
- Wash only full loads of laundry and hang-dry your clothes instead of using a dryer. Dryers cost the average home \$96 a year.
 - When purchasing new appliances, look for models that are Energy Star® certified. Energy Star® washers use 37% less energy and 50% less water. Energy Star® computers use up to 65% less energy.

Water Heating: 13% of home energy use

- Set your water heater to 120°F. If your heater doesn't have a thermostat, you can pour a cup of hot tap water and test it with a thermometer.
- Only wash clothes using cold water. They will be just as clean and you can save \$60 a year.
- Install low-flow showerheads and faucet aerators. They maintain high water pressure without using as much water and they can save you up to 60% on water heating costs.
- If your water heater is electric and warm to the touch after you turn down the temperature, you can buy an insulating blanket to wrap around it.
- Insulate the first 6 feet of hot and cold water pipes connected to heater. This prevents heat loss and waiting for hot water takes less time.
 - Water heaters last 10 to 15 years, but it is best to start shopping for a new one after 7 years. Consider purchasing an Energy Star® certified water heater. Heat pump water heaters use 50% less electricity than conventional models.

Visit appvoices.org/energysavings for more information about energy efficiency programs in your area.
North Carolina office (828) 262-1500 | Tennessee office (865) 291-0083

Weatherization can cut your home energy use by 20 to 50%

- 🌐 Insulating and sealing airways that are in unconditioned spaces (such as an attic, crawlspace, or basement as well as barriers between your home and the outdoors) is one of the more cost-effective ways to save money and reduce your home energy use. Receiving professional air sealing is the best and easiest option. However, there are repairs and upgrades you can do yourself.
- If you have air ducts for your heating or cooling system, check them for gaps, cracks and leaks. Older ducts can become separated and tape can wear down over time. Replace duct tape with brush-on mastic duct sealant to create a clean, long-lasting seal.
- Add insulation to attic floors. It's easy to do and hardware stores will even supply a blower to use for a day if you buy the blown-in insulation from them.
- Insulate pull-down attic stairs and attach foam weather-stripping to the edges to create a tight seal.
- Seal gaps, cracks and leaks where your walls meet the ceiling and floor. Do the same for your basement walls (if you have an electric heat source).
- Check for gaps, cracks and leaks around doors and windows.
 - 🌐 There are many types of sealants on the market. Spray foam, caulk, and foam backing each have appropriate uses. Consult your local hardware store to get the right tools for the job.
- Check for insulation around pipe entries. Many sinks, toilets, baths and showers are installed with a large opening in the wall around the piping.
- Insulate the gaps in the walls behind the covering plates for your electrical switches and outlets. You can purchase inexpensive foam pads that fit snugly behind the plates.
- Install weather stripping on doors and windows. You can check to see where you need it by looking for sunlight coming through, or by standing outside at night and looking for light coming out.

Maintenance tips and tricks for energy efficiency

- Check the intake and outtake vents on your larger appliances (like your refrigerator, dishwasher and washing machine) for dust accumulation. Check your bathroom and kitchen exhaust fan as well. Your appliances may be working harder than they have to and it will show on your energy bill.
- Have your heating and cooling system regularly serviced. Like your appliances, if your heating and cooling system is working harder than it has to, it may reduce the life of the system by a few years.
- Keep frost buildup in your freezer to less than a quarter of an inch. Make sure the gasket seal on the freezer and refrigerator doors is tight. You can check this by closing the doors over a dollar bill or piece of paper. If it is easy to pull out, you may need to replace the seal.