



Five Daily Tips for Energy Efficiency

Keep your home running smoothly—and efficiently. Tear off this tip card and tack it on your refrigerator for a daily reminder of easy ways to reduce energy consumption.



1. Power Down. Take advantage of the sleep mode and power down mode options on your computers and game consoles. Buy a \$10 powerstrip to turn off multiple devices at once—like your TV, VCR/DVD, stereos system, devices with a digital display—and you could see a savings of \$100.



2. Make the sun work for you. In the **winter**, when your heat is on, leave shades and blinds open on sunny days, so your heating system doesn't have to work as hard. Close them at night to reduce the amount of heat lost through windows. **In the summer**, close shades and blinds when the air conditioner is in use to keep rooms cool.



3. Turn out the lights. It sounds simple, but it really works—flick off the switch when you leave a room to save energy. And when your lights are on, make sure they're CFLs—replacing just five incandescent bulbs with CFLs can save you \$200.



4. Do dishes right. Wash only full loads in your dishwasher, and use short cycles for all but the dirtiest dishes. And with today's dishwashers, there's no need to pre-wash dishes—simply scrape any food off the plate and put it directly in the dishwasher to save energy.



5. Be lint free. Clean the lint out of your dryer after every use. Lint-free dryers are 30 percent more efficient than dryers clogged with lint. And did you know that your fridge has lint as well? Brush or vacuum your refrigerator coils twice each year to save \$32 on your energy bill.

If every household replaces just one conventional light bulb with an Energy Star CFL, we could:

- ☞ Save enough energy to light more than 3 million homes for a year
- ☞ Save more than \$600 million in annual energy costs, and
- ☞ Prevent greenhouse gases equivalent to the emissions of more than 800,000 cars.

Source: www.energystar.gov



www.nrdc.org

Natural Resources Defense Council is America's most effective environmental action organization. Founded in 1970, NRDC combines legal and scientific advocacy with the grassroots power of 1.2 million citizens in strategic campaigns to curb global warming, move America beyond oil, revive the world's oceans, save endangered wild places, stem the tide of toxic chemicals, and accelerate the greening of China.

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SimpleSteps.org

Simple Steps is a new initiative by the Natural Resources Defense Council (NRDC) for people who are looking for easy, everyday actions they can do to protect our health, our homes—and our planet. Whether you have a minute, a morning, or a month, you can take simple steps in your life to really make a difference.



SAVE Money BY Saving Energy:

Easy Tips for Improving Your Home's Energy Efficiency



For more energy-saving tips for every room of your home, visit www.simplesteps.org.

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Saving energy is the cheapest, fastest, and easiest way to help curb global warming—and it's money in your pocket. U.S. households typically spend \$1,000 to \$1,800 each year on heating and cooling their homes, powering appliances, and keeping the lights on. By becoming more energy efficient, you not only save money on heating and electric bills, but you also help slow global warming and protect your health.

Household Energy Efficiency and Your Health

The energy used in most homes comes from power plants that release harmful global warming pollution into the air. Power plant pollution is not just bad for the environment—it can cause respiratory problems, asthma in children, and other illnesses. So when you trim your home's energy use, you're not just saving money—you're protecting your family's health.

A few simple solutions can help lower your energy bill without sacrificing comfort. Take a look at how most homes spend their energy and see where you can save!



Appliances and Electronics: 40%

Upgrade your old appliances like refrigerators, dishwashers, and washing machines with Energy Star models. Energy Star models represent the top 25 percent most efficient models on the market—it'll cost a little more upfront, but in the end you'll save money.

Home electronics use energy every minute of the day, powering displays and remote controls. Turning off your TV, audio systems, and other devices when you're not using them will save energy, and save you money.

Heating and Cooling: 40%

Take control of temperature by insulating your home. The gaps around the windows and doors in an average American home let in as much air as a 3 foot by 3 foot hole in the wall. A home energy audit will let you know of any leaks, and most energy providers will perform this service. Programmable thermostats are also a great way to control temperature inside your home.

Slashing hot water use can also save energy. Your shower is the largest user of hot water; low-flow shower heads give the same pressure, but by mixing the water with air they save you an average of 15 gallons of water per shower.

Lighting: 15%

Use compact fluorescent (CFL) bulbs instead of incandescent bulbs, and use 75 percent less energy on lighting. There are many varieties of CFLs on the market, including "Soft White 60" or "60 Watt Replacement" CFLs that give a glow nearly identical to incandescents. And CFLs last 10 times longer than incandescent bulbs—more than paying for themselves in the money you save on your electricity bill.

Other: 5%

Other energy uses that are particular to your home account 5 percent of home energy spending.

Source: U.S. Department of Energy, Energy Information Administration. Percentages are averages and will vary from household to household.