

## Hot Water Tips:

- Wash clothes in cold water and use cold water for garbage disposal.
- Take shorter showers and take showers instead of baths. Showers use less water.
- Install low-flow showerheads and faucet aerators.
- Put an insulation blanket around your hot water heater IF it is electric.
- Insulate the pipes in and out of water heater BUT not near vent of gas water heater.

## Lighting Tips:

- Turn off lights in unoccupied rooms.
- Use daylight when possible.
- Keep bulbs clean so that you get the maximum light from each bulb.
- Use task lighting (lamps), rather than lighting the whole room.
- Replace incandescent bulbs with compact fluorescent or LED bulbs.



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# BASIC ENERGY EDUCATION PROGRAM



A basic guide on how to save energy in your home at no cost and/or low cost.

Reduce your energy bill and help us keep our planet green!

City of Durham

Human Relations Division  
Department of Neighborhood  
Improvement Services

## ENERGY SAVINGS TIPS

### Cooking Tips:

- Use small pots, use stove burners smaller than pots, and keep lids on pots.
- Use microwave instead of stove or oven when you can. Keep it clean to be more efficient.
- Use glass or ceramic pans in the oven. They heat faster than metal.
- Don't let preheated oven sit empty unnecessarily and don't open oven door during cooking.

### Charge Appliances Tips:

- Unplug phone chargers when not in use.
- Use power strips to turn off computers and electronics when not in use so they are really off.

### Laundry Tips:

- Line dry your clothes instead of using the dryer.
- Wash only full loads of laundry.
- Check outside dryer vent monthly to see if it is opening and closing freely. Replace if necessary.

### Refrigerator Tips:

- Set the refrigerator temperature at 37 to 40 degrees F and the freezer at 0 to 5 degrees F.
- Keep the refrigerator coils clean. Dust makes the refrigerator work harder to cool food.

- Let food cool before putting it in the refrigerator and use lids to keep moisture from escaping.
- Keep the freezer full, even if you just fill it with containers of water.
- Don't place your refrigerator next to your stove or other source of heat.
- Reduce cooking time by thawing frozen foods in the refrigerator before cooking them.

### Transportation Tips:

- Drive the speed limit and accelerate gradually.
- Don't leave the car idling. Turn it off to save gas.
- Take heavy items out of your car. It takes more gas to haul more weight.
- Keep your tires inflated to proper pressure. Low pressure uses more gas.
- Combine trips when possible and start a car-pool.
- Keep your car engine tuned up and filters replaced to reduce fuel consumption.
- Check out the bus. It may be convenient and less costly.
- Walk and/or use bike whenever possible. It saves money and it's good for your health.



### Heating and Cooling Tips:

- Adjust your thermostat, especially when you are out of the house or asleep.
- Open shades in winter during the day to let warm sun in, close them at night to keep heat in.
- Close shades in summer during the day to keep warm sun out.
- Move furniture, carpet, and drapes from heat registers, and put seating away from drafty windows.
- Close the damper and doors on your fireplace when not in use.
- Fans cost less than air conditioning, so use them in the summer even if you have air conditioning.
- Move lamps and TVs away from air conditioner. Heat makes the air conditioner work more.
- Install a programmable thermostat and set the temperature to vary during the day and week.
- Get professional help to seal duct leaks and cracks in ceilings and floors.
- Insulate and weather-strip the attic pull-down stairs.
- Insulate outlets on exterior walls.
- Plant shade trees on south and west sides of the house.
- Install plastic over drafty windows, using inexpensive kit and hair dryer.
- Fit a piece of mattress foam into fireplace flue to make it airtight when it's no in use.
- Replace furnace filters regularly. Dirty filters make the furnace work harder.