



Green Mountain Energy Efficiency Tips for the Home

Green Mountain Energy Company is offering tips that will help homeowners save energy, water and money. These are tips for every major room in the house. Implementing all of these tips can save homeowners over \$500 a year.

Inside the Home

- Unplug appliances when they are not in use. Appliances plugged in still use electricity. Turn off lights and ceiling fans when leaving a room.
- Switch to compact fluorescent lights (CFLs) – they use 66 percent less energy than incandescent bulbs. Switching five standard light bulbs to CFLs could save up to \$60 a year in electricity costs. Change out the porch light with a CFL, one of the highest used light fixtures in the home.

The Kitchen

Kitchen appliances consume a lot of electricity. These tips can help make your kitchen more energy efficient.

- Refrigerators and freezers operate most efficiently when they are not overcrowded because they don't allow air to circulate, causing the compressor to work harder and use more energy. Keep the fridge temperature between 30 and 42 degrees Fahrenheit; keep the freezer between zero and five degrees Fahrenheit.
- When cooking in an oven, do not open the door to check on it. Doing so can lower the temperature by 25 degrees each time. Use cookware – such as ceramic and glass -- that conduct and retain heat more efficiently.
- Wash full loads of dishes in your dishwasher. Instead of using the heat cycle to dry your dishes, open the door and let them air dry. If you are looking to buy a new dishwasher, purchase one that has the EnergyStar® label and use less water.

Tips for the laundry room.

While doing laundry is not the most popular chore to do in the house, it is important to make your washer and dryer more energy efficient. Here are some tips to help conserve energy and keep your energy bills low.

- Hot water heating can account for 90 percent of the energy used by the washing machine. Washing your clothes with cold water can save the average household \$40 a year with an electric water heater, and \$30 a year with a gas one.
- Try to wash full loads of laundry. By doing this, you can save more than 3,400 gallons of water a year.
- When drying clothes, group similar fabrics together and try to dry full loads. If you have partial loads, reduce their drying time. If a moisture sensor is available on your dryer, use it. A dryer that operates for an extra 15 minutes a load can cost \$34 a year. Clean out the lint trap before every load to increase drying efficiency and save another \$34 a year.

Tips for the Bathroom

While the bathroom may appear to be the least likely place to save energy, it is a logical place to conserve. Here are some tips to help reduce water and energy usage in your bathroom.

- You can reduce heat loss from your water heater by wrapping it with an insulation blanket. This can save you up to \$45 a year and keep your showers nice and hot.
- Turn off dripping water faucets. A water faucet that drips hot water wastes 1,661 gallons annually. That's about \$35 a year in wasted money if you have an electric or gas water heater. In addition, turn off the water when brushing your teeth, shaving or washing your face.
- Purchase low-flow shower heads and faucet aerators to help conserve energy and water. If you install a 2.5 gallon per minute shower head, a 10 minute shower will only use 25 gallons of water, saving you approximately five gallons. This will save about \$145 a year on electricity costs.
- Install ventilation fans that are EnergyStar® rated in order to control moisture while showering or bathing. This can save \$120 in electricity costs over the life of the fan.

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