



On Energy

1. Walk more, drive less. You'll save gas and improve your health.
2. Upgrade ceiling insulation to R-38, exterior heated basement walls to R-11, and floors over unheated areas to R-19. Higher R values mean greater insulation and energy savings.
3. Turn off air conditioning and open the windows when the temperature is tolerable.
4. Keep your car in good running condition. It's safer and cheaper.
5. Move to a smaller house if the one you have is bigger than you really need.
6. Have an expert check the insulation in your house to make sure it is adequate. If not, insulate where needed—you can do open areas, such as the attic, yourself. It will save heating and cooling costs.
7. Stop watering the lawn. Save water and mowing.
8. Close rooms and turn off the heat to rooms that you are not using.
9. Learn how to do some of your own car maintenance.
10. Use self-service gasoline pumps—anyone can do it! Don't forget to check vehicle oil and water levels regularly, too.
11. Form a car pool to go to work, professional meetings, and even shopping trips.



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12. Install compact fluorescent bulbs in fixtures which receive high use.
13. Ask yourself, "Is this trip really necessary?"
14. Make lists of "things to do" and "things to buy". Forgetting is costly. Save time and money.
15. Consider installation of attic or roof fans.
16. Lower your thermostat setting in cold weather and wear warmer clothes in the house.
17. Turn off lights when not in use. Install dimmers and timers where appropriate.
18. When replacing appliances look for "Energy Star" efficient rated models.
19. Install low-flow showerheads.
20. Clean or replace air filters regularly. Write the date on your calendar as a reminder or select the same time each month.
21. Stop air leaks. Caulk and weatherstrip doors and windows. Watch for openings where plumbing, ducting, recessed lights, or electrical wiring penetrates through outside walls.
22. Use draperies and curtains made of tightly woven, light colored, opaque fabrics. The tighter the curtain is fitted against the wall, the better it will prevent heat gain or loss.
23. Plant deciduous shade trees on the west and south sides of your house.
24. Set back the thermostat to 50 to 55 F when the house is unoccupied for more than 24 hours.
25. Keep registers clean. Don't obstruct airflow.

Source: Kentucky Extension Specialists and Associates for Family and Consumer Sciences

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