



FIGHT HOME ENERGY DRAIN

MORE TIME AT HOME = A HIGHER UTILITY BILL

Let in the Light

Opening the curtains can go a long way to help reduce energy usage and can also boost serotonin levels, which can elevate your mood. Check your light bulbs and swap out for LEDs if they're not already updated so when you do use home lighting, you'll be using less power.

Check the Flow

More time at home means a greater use of water for hand washing. Do you have low-flow aerators on your sinks? Installing low flow attachments can really add up. Local utility companies may even offer you a water saving kit for free.

Pull the Plug

Invest in power strips or get in the habit of unplugging electronics or appliances after use like coffee makers, game systems, printers, or wall chargers.

Set It and Forget It

When was the last time you looked at your appliance temperature settings? Keep your water heater at 120° or under, your fridge/freezer between 34-37°/0-5°, and your thermostat at 78° or over in the summer months and 68° or under in the winter months.

Fill It Up

You may have more time to clean if you're home more during the day, weekends, or evenings, so try to use appliances wisely. Make sure you do a full load when you run the washer, dryer, or dishwasher. Choose cold water and air dry if you can.

Work Efficiently

If you have the option, choose a laptop computer over a desktop. Remember to fully shut it down each night in order to save the most power.