









NO-COST/LOW-COST ENERGY SAVINGS TIPS USE THIS ENERGY CONSERVATION CHECKLIST TO \$AVE

Please note: Your individual results may vary.








Household Energy Savings Already Do/Will Do Checkboxes

- Wash clothes in cold water for a savings of up to \$60 to \$70 each year. 
- Use your clothes washer and dryer only for full loads.
- Don't over-dry clothes. An extra 15 minutes per load can cost up to \$34 each year. 
- Clean the lint trap before every load to save about \$34 per year. 
- Set your water heater at 120°. At 140°, your water heater can waste anywhere from \$36 to \$61 each year. IMPORTANT: For electric water heaters, turn off the breaker before adjusting the temperature. 
- Install a low-flow showerhead for a savings of up to \$145 annually. 
- Replace the bulbs in your five most frequently used light fixtures with ENERGY STAR qualified LED (light-emitting diode) light bulbs. They use up to 90% less energy and last 15 times longer, leading to big savings. 
- Turn off lights and unplug idle chargers for cellphones and other electronic devices when not in use.
- Use a power strip as a central turnoff point when you are done using equipment. This can help you save up to \$100 each year. 
- Save additional money and energy by taking advantage of rebates from TEP. 







Heating and Cooling Systems

- Set your thermostat at 78° when you're home and 85° when you're away unless medically advised otherwise. 
- Install a smart thermostat to properly set and maintain your household's temperature while you're away. By doing so, you can save up to \$180 on your electricity costs. 
- Keep doors and windows closed when operating your heater or air conditioner. 
- Set your ceiling fans to rotate counterclockwise (to blow air down) in the summer to create a cooling breeze and clockwise (to circulate warm air down) in the winter.
- Ceiling fans cool people, not rooms. Turn off the ceiling fan when no one is in the room.
- Replace or clean the air filters for your heating or cooling system monthly.
- In the summer, close curtains and blinds during the day to help keep out the sunlight and heat. 
- In the winter, open window coverings during the day to let in heat from the sun. Close window coverings at night to keep in heat. 
- Avoid using portable heaters, which use more energy and may become a fire hazard.
- Install weatherstripping around doors and windows to keep cool air inside during the summer and warm air inside during the winter.



Kitchen Appliances

Already Do/Will Do Checkboxes

- Consider introducing induction cooktops into your home. An induction stove is 5-10% more energy-efficient than conventional electric stoves and about three times more efficient than gas stoves. 
- Cover pots and pans to keep the heat in when cooking.
- Turn your oven off 15 minutes before the end of the baking time.
- Never use the stove or oven to heat the house.
- Wash dishes all at once instead of several times during the day.
- Keep the refrigerator door closed. Leaving the door open can cost up to \$20 each year. 
- Recycle your old, working refrigerator instead of placing it in your garage or on your patio. An older refrigerator uses nearly twice as much energy as a new ENERGY STAR refrigerator. 