

# the POWER to use less

This room-by-room checklist puts *the power to use less* in your hands.

Challenge yourself: How many of these no-cost or low-cost options can you implement this month?

Make a plan and a budget for some of the more time- and labor-intensive upgrades.

## IN EVERY ROOM

### • Lighting

- Change incandescent light bulbs to CFLs or LEDs
- Use only CFLs or LEDs designated dimmable bulbs in dimmable fixtures
- Use occupancy sensors and timers
- Replace several small bulbs with one large bulb
- Decorate wall surfaces with light, reflective colors
- Keep fixtures and covers clean

### • Vampire appliances

- Unplug when not in use and especially when you're on vacation

### • Electronics

- Put all electronics on a Smart Strip; turn off when not in use
- Turn off your computers overnight
- Put entertainment equipment (TV, DVD player, speakers, game stations, etc.) on Smart Strips.

### • Electric heaters

- Limit use. One 1,200-watt electric heater costs 28¢ per hour to run.

## KITCHEN

### • Dishwasher

- Scrape off food instead of rinsing
- Wash full loads
- Wash with energy-saver cycle
- Dry with "no heat" cycle

### • Electric range

- Fit pans to burner size
- Use lids on pans to retain heat
- Use small appliances, like a crock pot or microwave
- Pre-heat oven only five minutes

### • Refrigerator

- Keep 3/4 to 7/8 full for efficiency
- Set refrigerator temperature at +34° to +38° / Freezer 0° to +5°
- Clean coils every three months
- Locate away from heat sources
- Replace with Energy Star model
- Get rid of the 2<sup>nd</sup> fridge in the garage used to chill a single six pack

### • Freezer

- Defrost whenever 1/4" ice builds up
- Set thermostat 0° to +5°F
- Keep freezer at least 3/4 full

## BEDROOM

### • Heated water bed

- Place 1 1/2" to 2" foam pad on top
- Cover with heavy quilt
- Insulate sides and bottom

## BATHROOM

- Install low-flow fixtures
- Repair leaky faucets promptly
- Install low-flow aerators
- Showers use 50 percent less water than baths
- Install timers on bathroom fans

## UTILITY ROOM

### • Electric water heater/storage tank

- Set water heater to 120° to 130°F
- Wrap water heater and pipes
- Flush sediment regularly
- Install a timer
- Use tempering tank
- Turn off at the breaker if you'll be away for more than four days

### • Electric dryer

- Dry full loads
- Do multiple loads at a time
- Clean lint screen frequently
- Choose moisture-sensor model
- Air dry when possible

### • Washing machine

- Wash with cold water
- Pre-soak heavily soiled loads

## MAJOR APPLIANCES

- Maintain your appliances, especially your furnace or boiler, since they'll operate more efficiently.
- Replace aging appliances with Energy Star models

## EXTERIOR

### • Yard light

- Use high-pressure sodium bulbs
- Install photocell motion detectors

### • Primary headbolt

- Well-maintained vehicles need only two to three hours of preheating
- Install a timer or switched outlet
- Match heater to vehicle size

### • Heat tape

- Reduce wattage if cold water initially comes out warm
- Be sure to unplug/turn off heat tape when the weather warms

## BEYOND ELECTRICITY

- Insulate and weatherize your home
- Install a setback thermostat and program it
- Block drafts with foam gaskets on exterior wall outlets and switches
- Consider purchasing a more fuel-efficient vehicle

## ADDITIONAL RESOURCES

- Cold Climate Housing Research Center (907) 457-3454 – [www.cchrc.org](http://www.cchrc.org)
- Alaska Cooperative Extension Service (907) 474-7201 [www.alaska.edu/uaf/ces](http://www.alaska.edu/uaf/ces)



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