

# E-Conservation Home Energy Management Series

## NO-COST AND LOW-COST THINGS HOMEOWNERS CAN DO TO CONSERVE ENERGY

(From Presentation)

- **Add these reminders to your calendar.**
  - Check/change HVAC filters (monthly).
  - Clean refrigerator coils (1–2 times per year).
  - Purchase appliances during NC Energy Star Sales Tax Holiday—exempt from sales and use tax (first weekend in November).
  - Have your unit serviced by a professional HVAC technician (annually).
- **When purchasing appliances and electronics, look for the Energy Star and read the Energy Guide Label to determine TOTAL cost.**
- **Take advantage of rebates and incentives.**
  - Your utility company may offer rebates and incentives.
  - Energy.gov lists rebates, incentives, and loans you may qualify for.
- **Purchase appliances during North Carolina Energy Star Qualified Products Sales Tax Holiday—exempt from sales tax when purchased between the first Friday in November to the following Sunday.**
- **Turn off the lights when you leave the room.**
- **Install CFLs or LEDs instead of incandescent bulbs.**
- **Install low-flow showerheads and aerators.**
- **Seal and insulate the “envelope” of your home, beginning with the attic and basement.**
- **Seal your fireplace when not in use with chimney balloon, glass doors, or other means.**
- **Control your thermostat or use a programmable thermostat.**
- **Lower the temperature on your hot water heater to 120 degrees.**
- **Insulate your water heater (if appropriate).**



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## IN THE KITCHEN

- For small meals, use microwave, crock pot or toaster oven.
- Use the smallest pan necessary on the stovetop.
- Match pan size to heating element.
- Cover pots and pans to improve efficiency and keep the kitchen cooler.
- Reduce cooking time by defrosting food in refrigerator first.
- Avoid opening the oven as you cook.
- Use the kitchen exhaust fan when cooking and turn it off after cooking.
- Let hot food cool before storing it in the refrigerator.
- When washing dishes, run full loads, use energy saving cycles, use no-heat dry cycle, don't pre-rinse, and load according to manufacturers instructions.
- Keep the refrigerator door closed as much as possible.
- Make certain that door gaskets have a tight fit.
- Keep refrigerator at 32–40°F (below 41°F for food safety) and freezer at 0°F.
- If you have more than one refrigerator or freezer and one doesn't get much use, unplug it and save.



## ELECTRONICS AND APPLIANCES

- Unplug appliances and electronic devices every night or when not in use (some devices need to stay on in a standby mode to work properly).
- Group appliances and electronics together on power strips and switch on only when needed.
- Unplug unneeded night-lights.
- Turn off screen savers or set to switch automatically to sleep mode.
- Turn off your computer when not in use for 20 minutes or more.
- Unplug battery chargers when the batteries are fully charged or not in use.
- Buy ENERGY STAR equipment, in which standby power is lower.
- Purchase and use “smart strips.”

## LAUNDRY ROOM

- Wash clothes in cold water whenever possible.
- Load the washer to capacity.
- Don't over dry clothes.
- Dry two or more loads in a row.
- Clean dryer filter after each use.
- Dry full loads.
- Clean exhaust vents.
- Make sure the outdoor dryer exhaust door closes when dryer is off.
- On sunny days, use clothesline to dry your laundry.

## HVAC

- Regularly clean or replace your air filter.
- Keep your outside unit clear of obstructions so it can run properly.
- Keep supply and return vents clear.
- Keep supply vents open and clean.
- Make sure your condensate drain is clear and working properly.
- Have your unit serviced by a professional HVAC technician annually.
- Make certain that weeds and tall grasses are away from the unit.
- Consider planting trees or shrubs near unit to aid in shading.



## IN YOUR YARD

- Plant native plants. They require less watering.
- Use drip irrigation and/or water early in the morning.
- Use a rain barrel to collect water from gutters for watering plants.
- Have less grass and more natural groundcover, native beds, etc.
- Shade your HVAC unit while still leaving it free of debris.
- Incorporate shade trees to protect your home from the harsh sun in the summer months.

This document is designed as a handout to accompany the E-Conservation Home Energy Management Series—*No Cost and Low Cost Ways to Save Energy*—workshop PowerPoint presentation.



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