

‘Keep the Power’ Survey

How often do you perform these energy-saving behaviors? Take stock to see how your family can save money on energy usage. Small amounts add up.	Always or some-times do this	Never do this	Plan to do this	Don't plan to do this
Behaviors:				
General				
Change air filters monthly				
Use compact fluorescent lighting				
Reduce air conditioning temperature and use ceiling fans to circulate air when in room (turn off when not in room)				
Install a programmable thermostat or adjust temperature settings to reduce energy usage				
Use the AUTO setting on thermostat				
Have heating/cooling units cleaned and maintained yearly				
Close damper on fireplace when not in use				
Open windows whenever possible				
Kitchen				
Cook outdoors on grill during warm months				
Clean the refrigerator coils (twice a year, if your frig requires)				
Use a microwave instead of oven or stove top for cooking or warming foods				
Thaw foods in the refrigerator before cooking them				
Use properly sized pan for burner element				
Use tight-fitting lids to cover pots and pans				
Reduce the number of times you open the oven door during cooking				
Do not preheat oven except for cakes and breads				
Reduce the number and length of times you open and close the refrigerator or freezer doors				
Do not allow ice to build up in the freezer				
Run dishwasher only when full				
Use air-dry cycle on dishwasher				
Use energy miser cycle on dishwasher, if available				
Install faucet aerators				
Use dishwasher only when you have a full load				
Use a water miser cycle on dishwasher if available				

Created by: NC Cooperative Extension, Granville County Center

How often do you perform these energy-saving behaviors? Place an X in the answer column that best describes you/your family.	Always or sometimes do this	Never do this	Plan to do this	Don't plan to do this
Behaviors:				
Bathroom				
Limit time you run the bathroom vent fan after tub/shower bath (run at least 5 minutes)				
Turn water off in sink while brushing teeth				
Turn water off in sink while shaving				
Shorten your showering time				
Take showers instead of baths				
Laundry				
Wash clothing in cold water				
Use the short cycle for lightly soiled clothing				
Wash full loads or adjust water level when washing small loads				
Dry clothing on line outside				
Use moisture sensor on dryer to avoid over drying				
Dry several loads, one after the other				
Dry only full loads				
Vent dryer to the outdoors				
Clean vent after each load				

Modifications:	Have already done	Plan to do soon	Maybe later
Buy an energy efficient refrigerator			
Set temperature on hot water heater at 120 degrees			
Install a low flow shower head			
Install a low flow toilet			
Install faucet aerators to reduce gallon per minute usage			
Use a thermometer to help keep refrigerator temperature between 34°-38° F			
Use a thermometer to help keep freezer at 0°F			
Use air-dry cycle on dishwasher			
Use energy miser cycle on dishwasher, if available			
Weather-strip and caulk air leaks			
Purchase energy efficient air conditioning			
Purchase energy efficient heating units			
Add more insulation to your home			