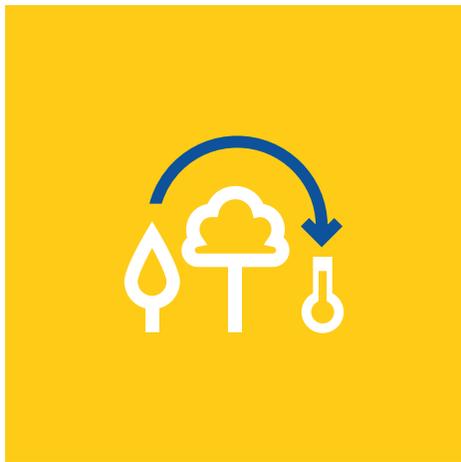
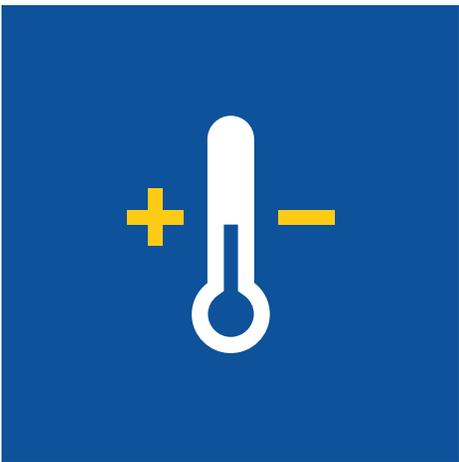
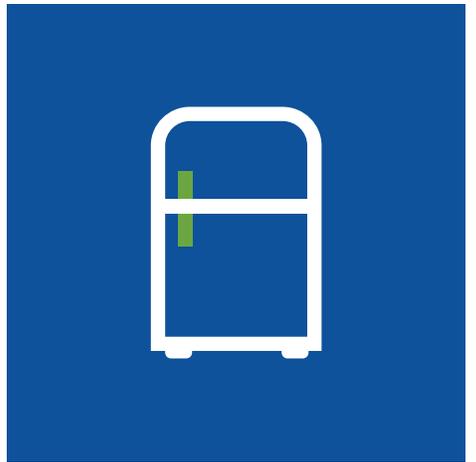
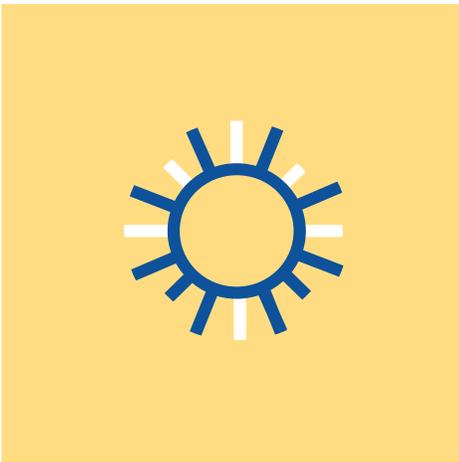
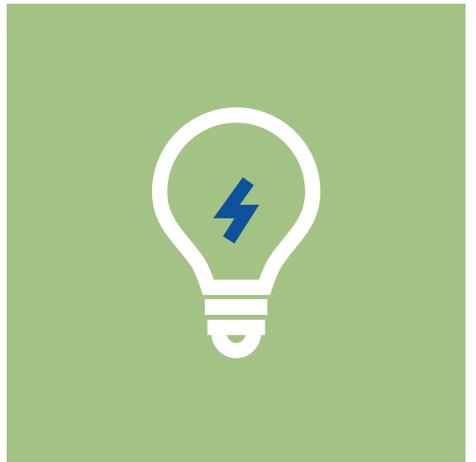
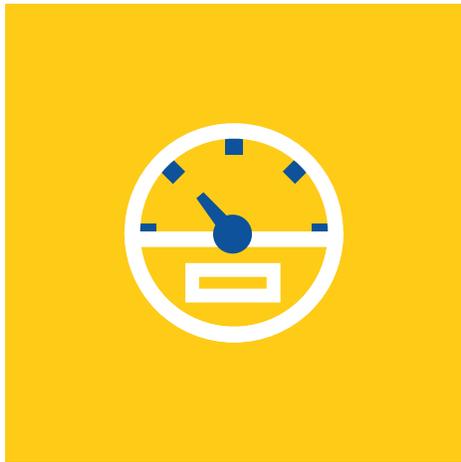


# Your Guide to Saving Energy at Home



**+**  
Tips you need to know to save energy and reduce your energy bill.

# Checklist for Saving Energy and Money at Home

No matter where you live, there are simple things you can do to cut down on your energy use and save money on your energy bills.



Find important ways you can save energy with tips under this symbol!



## HEATING & COOLING

- Close windows and doors when running the furnace or air conditioner.
- If you have air registers, make sure they aren't blocked by furniture or other objects so the air can circulate.
- Program your thermostat to heat or cool at specific times. A smart thermostat can be programmed to cool or heat spaces in advance rather than maintaining a constant temperature.
- In cool weather: set your thermostat to 68°F during the day, and lower it at night or when you are away.
- In warm weather: set your thermostat to 78°F and use a fan (ceiling, box, oscillating, etc.) when in the room for comfort and to reduce air conditioning costs. Close curtains and shades during the day and open windows at night to take advantage of cooler night time temperatures.



**Avoid individual space heaters.** While they seem like a solution for heating small spaces, space heaters are very inefficient and a fire hazard.



## REFRIGERATION

- Identify leaky refrigerator and freezer doors. Close the door on a piece of paper, and if it is easily pulled out, replace the seal or gasket.
- Check that refrigerator cooling coils are clean.
- Defrost the inside of your freezer or refrigerator.
- Move refrigerators and freezers away from heat sources.



**Use the power saver feature on refrigerators if available.**



## STRUCTURE

- Seal your home from cold winter drafts.
  - Keep storm windows on doors and windows shut.
  - Use plastic film on windows and draft snakes, sweeps, and weatherstripping for doors.
  - Inspect doors and windows for gaps or cracks, and seal with weatherstripping, caulking, or foam insulation.



**Adding insulation and sealing air leaks can reduce heating and cooling costs by 15% or more.**



## ELECTRONICS

- Turn off exterior lights during the day.
- Replace inefficient incandescent or fluorescent bulbs and fixtures with LEDs.



**Unplug lamps and other electronics when not in use or use a smart power strip.**

**Find more tips on the CERTs website:**

**[z.umn.edu/HomeEnergy](https://z.umn.edu/HomeEnergy)**

**Ready to save even more?  
Check out these tips:**



Find out if you're eligible for Energy Assistance or Weatherization Assistance Programs. They can help with your energy expenses and you may receive free energy efficiency upgrades.



Find out if solar energy could power your electricity use. Learn about community solar subscriptions or take advantage of green pricing.



**CERT<sup>s</sup>**

CLEAN ENERGY RESOURCE TEAMS

**The Clean Energy Resource Teams, or CERTs, is a statewide partnership with a mission to connect people and their communities to the resources they need for community-based clean energy projects.**

[z.umn.edu/HomeEnergy](https://z.umn.edu/HomeEnergy)