



K-State Extension Connection

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

Title: 12 Ways to Save Energy & Money
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12 Ways to Save Energy and Money

Saving energy and money go “hand in hand.” The Consumer Federation of America has identified 12 simple ways consumers can save. These tips can help consumers with energy-saving ideas that also save money. Energy takes a huge bite out of household budgets. Families on average spend \$2200 each year on utility bills. By using the following energy saving tools households can save money and help the environment.

1. **AIR DRY:** Air dry dishes instead of using your dishwasher’s drying cycle.
2. **TURN IT OFF:** Use timers and motion detectors to turn off lights and be sure to unplug TV entertainment systems and don’t leave your computer and monitor on needlessly.
3. **DON’T GET BURNED WITH HOT WATER:** Lower the thermostat on your water heater to 120F. Water heaters are the second highest source of energy use in the home.
4. **FILL IT UP, PLEASE:** Wash only full loads of dishes and clothes.
5. **KEEP ‘EM CLEAN:** Check furnace, heat pump, and AC filters once a month and replace them regularly. A dirty air filter can increase your energy costs and cause problems with your equipment.
6. **GET A CHECK UP:** Get your heating system checked once a year. A licensed professional will make sure that your system is operating efficiently and safely.
7. **STOP THE BREEZE:** Caulk and weather-strip around drafty doors and windows.

8. **GET AN AUDIT:** Your utility company may offer free energy audits that can identify expensive energy losses in your basement, unfinished rooms, attics and leaky ductwork.
9. **TAKE A WALK:** Circle your home with an easy-to-use spray foam insulation and look for openings and gaps around pipes, chimneys, lights, windows, basement brick and cement work.
10. **GET WITH THE PROGRAM:** Install a programmable thermostat which automatically adjusts the temperature during the day or at night, it can save you up to \$100 a year.
11. **STAY BRIGHT:** Replacing old lights with LEDs can save about \$90 a year in electricity costs. You pay more up-front, but shop around, prices are dropping.
12. **BE A STAR:** Look for products and appliances that have earned the ENERGY STAR label. They meet strict new energy efficiency criteria that will reduce your utility bills.

Source: <http://bit.ly/2pITt0F>

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930.

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