



Checklist: Easy Actions and Adjustments for Energy Savings

Anyone can save on energy costs by taking free or low-cost actions. Use this checklist to find ways to save money by lowering your energy usage.

Take Action	Tips and Guidance
<input type="checkbox"/> Unplug electronics not in use	Electronics and appliances use small amounts of electricity even when turned off (known as a vampire load or phantom load). Identify appliances (stand mixers, blenders, toasters, phone chargers) that you only use sometimes and unplug them.
<input type="checkbox"/> Turn off lights when not needed	Turning off lights can reduce energy usage and extend the life of your lightbulbs. Exceptions may apply to compact fluorescent bulbs (CFLs); go to When to Turn Off Your Lights DOE for guidance.
<input type="checkbox"/> Make sure air vents are not blocked	Blocked air vents make it harder for your HVAC system to run effectively and can lead to higher energy bills. Make sure air is flowing freely and vents are free of dust and dirt to improve your home's comfort and keep bills low.
<input type="checkbox"/> Use a door sweep	Door sweeps (also known as draft blockers) keep heat in and cold out. These can be found at hardware or home improvement stores, or you can make your own!
<input type="checkbox"/> Use smart power strips	Smart power strips or advanced power strips detect when a device is in standby mode and shut off the supply power. These are available at major retailers, at \$15 to \$20 for basic models.
<input type="checkbox"/> Use LED lightbulbs	LED lightbulbs are up to 75% more efficient and last up to 25 times longer than incandescent lightbulbs. They are widely available, including at discount stores. Utilities may provide customer rebates or include LED installation as part of energy efficiency programs.
<input type="checkbox"/> Insulate light switch plate covers	Outlets and light switches are essentially holes in the wall that allow air to flow through. Switch plate insulation is available at home improvement stores.
<input type="checkbox"/> Apply plastic film to windows during cold season	Plastic film helps retain heat in your home and save on monthly utility bills during winter months. Plastic window kits are available at home improvement stores, or you can do it yourself with a measuring tape, double-sided tape, scissors, and plastic wrap.

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<input type="checkbox"/> Install a programmable thermostat	Programmable thermostats are available for \$25 and up. Programmable and smart thermostats may also qualify for utility rebates or be offered as part of utility energy efficiency programs.
<input type="checkbox"/> Program your thermostat to save energy	Set your thermostat to lower temperatures in winter or higher temperatures in the summer for periods when you have lower needs (e.g., when you are not home, or while you are asleep).

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