



# HOME ENERGY SAVINGS GUIDE



Touchstone Energy<sup>®</sup>  
Cooperatives

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## **ONE SMALL CHANGE CAN MAKE A BIG DIFFERENCE.**

**UPGRADE TO CFLs. SEAL SOME CRACKS. IT DOESN'T TAKE MUCH, BUT IT  
SURE PAYS OFF. FOR ALL OF US. WHAT CAN YOU DO?**

**FIND OUT AT [TOGETHERWESAVE.COM](http://TOGETHERWESAVE.COM).**

## **TOGETHER WE SAVE.**

**THIS HOME ENERGY SAVINGS GUIDE IS A GREAT START. IN IT,  
YOU'LL FIND VALUABLE TIPS ON HOW TO IMPROVE YOUR HOME'S  
EFFICIENCY. ADDITIONAL RESOURCES CAN BE FOUND AT THE END.**

**FOR MORE INFORMATION, PLEASE CONTACT YOUR LOCAL TOUCHSTONE  
ENERGY COOPERATIVE OR VISIT [TOGETHERWESAVE.COM](http://TOGETHERWESAVE.COM).**

# HOME ENERGY SAVINGS

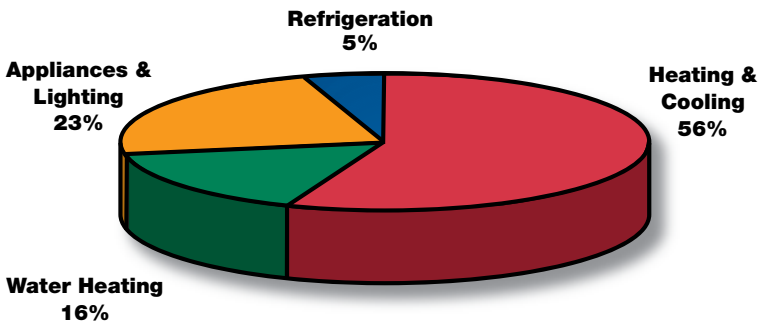
Your Touchstone Energy cooperative works hard to hold down energy prices. You, too, can play an important role in controlling your energy costs by evaluating your home and taking simple steps to trim unnecessary energy use. The following are some tips to help you reduce your energy costs.

## HOME ENERGY COSTS

Get a clear picture of which parts of your home use the most energy.

- The first step in reducing home energy costs is to review last year's utility bills. Using the below national "percentage" averages, a homeowner who spent \$2,500 a year for home energy would have paid roughly:
  - \$1,400 for heating and cooling
  - \$575 for appliances and lighting
  - \$400 for water heating
  - \$125 for refrigeration
- When implementing energy-saving measures, remember, you cannot save more than you are spending.
- Contact your local Touchstone Energy cooperative representative to review your bills and receive a more accurate estimate. Go to [TOGETHERWESAVE.COM](http://TOGETHERWESAVE.COM) for more information.

## NATIONAL AVERAGES



A close-up photograph of a hand adjusting a white thermostat dial. The background is a bright, slightly blurred indoor setting. The hand is positioned on the right side of the frame, with the index finger pointing towards the dial. The dial has a small window showing a temperature reading.

## HOME ENERGY SAVING TIPS

Assess how your family uses energy in your home.

- Leaving unnecessary lights on increases energy costs.
- Turn off computers and other office equipment when they're not being used, especially overnight and weekends.
- Heating your home to higher than 68° in the winter or cooling it below 75° in the summer costs extra.
- Taking extra long showers runs up the water heating (and water/sewer) bills.

## INSULATION

- If you have R-19 or less insulation in your attic, consider bringing it up to R-38 in moderate climates and R-49 in cold climates.
- In cold climates, if you have R-11 or less floor insulation, consider bringing it up to R-25.



## WINDOWS

A considerable amount of heat transfers through windows. If you have single-pane windows, consider doing the following:

- Tighten and weather-strip your old windows and then add storm windows.
- Replace your old single-glazed windows with new double-glazed windows.
- In colder climates “low-e” coatings on glass can help reduce heat loss through windows.
- In hot climates, consider adding solar screening to west-facing windows that catch a lot of heating late in the day. Solar screening is sold at many home improvement stores.

## AIR INFILTRATION

Air that transfers in and out of homes through cracks, crevices and holes can increase energy consumption. Here are some helpful tips to avoid air infiltration:

- Seal around pipe penetrations coming through walls.
- During hot and cold weather, ensure windows are closed tightly and locked.
- Ensure weather-stripping around doors and windows is tight.
- When your fireplace is not operating, its flue should be closed tightly, with a sign hanging from the flue handle warning it is closed.
- Check the ceiling behind the cornice of built-in bookshelves for holes cut during construction.
- Drop-down, disappearing stairways should fit tightly into the ceiling and be carefully weather-stripped.
- Whole-house attic fans should be sealed tightly during the winter.
- Make sure your outside dryer vent door closes when the dryer is not in use. This requires cleaning away lint accumulation periodically.

A woman with dark hair, wearing a pink short-sleeved shirt, is looking at the control panel of a white front-loading washing machine. The background shows a wooden cabinet. The image is used as a background for informational text boxes.

## WATER HEATER

Your water heater works with many of your home's other systems.

- Make sure your water heater is set at the lowest point. Try setting it to 120°.
- Try washing clothes with warm water and rinsing with cold water.
- Overfilling your washer can increase your energy use.
- If your water heater is located in an unconditioned space, consider installing a thermal wrap around it. Take care to install it in accordance with the tank and wrap manufacturer instructions.

## DRYERS

Drying clothes can use a fair amount of energy.

- Don't over-dry your clothes. If 50 minutes works, don't set to 70 minutes.
- Make sure to clean the inside lint filter before each drying cycle.
- Periodically check your flexible metal dryer vent hose to ensure it is still tightly connected and not kinked.



## REFRIGERATION

Your refrigerator's energy use can be trimmed.

- Make sure refrigerator and freezer seals fit tightly when doors close.
- Keep outside coils clean. Dirty coils make your refrigerator compressor work longer to remove heat.
- Setting your freezer below 0° uses extra energy.
- Setting your refrigerator below 37° uses extra energy.

## HEATING & AIR CONDITIONING

Heating and air conditioning uses the largest chunk of your home energy dollar. Keep it running "lean and mean."

- HVAC systems should be checked to verify they are moving the correct amount of air. An HVAC technician can tell you if it is.
- Heat pump and air conditioning systems should be checked annually to verify they are properly charged, strictly in accordance with manufacturer guidelines.
- Inside and outside coils should be kept clean and free of debris.
- Gas furnaces should be tuned for maximum combustion efficiency.
- Return filters should be changed monthly.
- Have an HVAC technician check carefully for duct leaks. Leaks that are found should be sealed with fiberglass mesh and mastic sealant.



## LIGHTING

Take a look at the lights you burn. Consider these points:

- A 100-watt lamp costs roughly a penny an hour to operate.
- Consider replacing incandescent lighting with energy-saving compact fluorescent lamps. They use about one quarter of the wattage, last much longer and give off less heat.
- When you finish cooking, turn off the kitchen lighting and the range exhaust fan.
- Don't leave unnecessary lighting on during the day.
- Take a look at the security lighting you use at night. Check with your Touchstone Energy Cooperative to see if it can help save you money by installing a pole-mounted outdoor light.





## **SELECTING A CONTRACTOR**

**Some of the work you will want to complete will require the services of a contractor. When selecting a contractor, keep in mind that the best price is not always the best value. Here are some questions to ask when deciding who to use:**

- **How long have you been in business?**
- **Can you provide proof that you are state-licensed and carry workers' compensation insurance?**
- **Can you provide the names of neighbors who have used your services?**
- **Are you a member of the Better Business Bureau?**





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**FOR MORE INFORMATION ON ENERGY SAVINGS CHECK WITH THE FOLLOWING SOURCES:**

- **VISIT [TOUCHSTONEENERGY.COOP](http://TOUCHSTONEENERGY.COOP) FOR INFORMATION AND TO LOCATE YOUR LOCAL TOUCHSTONE ENERGY COOPERATIVE.**
- **U.S. DEPARTMENT OF ENERGY – [ENERGY.GOV/YOURHOME.HTM](http://ENERGY.GOV/YOURHOME.HTM)**
- **ENERGY STAR – [ENERGYSTAR.GOV](http://ENERGYSTAR.GOV)**
- **ALLIANCE TO SAVE ENERGY – [ASE.ORG](http://ASE.ORG)**
- **YOUR STATE'S ENERGY OFFICE.**





For more information, please contact your local Touchstone Energy cooperative or visit [TogetherWeSave.com](http://TogetherWeSave.com).