

Happy Holidays

Energy Savings Checklist & Gift Ideas

Decorative lights, house guests, holiday cooking and baking help make the season merry and bright. They also increase your energy use and add dollars to your monthly bill. You can reduce your energy costs during the holidays by taking some low-cost actions to save electricity.

When you complete this list go to www.energyupgradetoday.com or call 941-861-5000 to get another checklist and save even more money.



Action Item	 = delivers savings, but <i>estimates not available</i>	Potential Yearly Savings	I'll Do It!	I DID IT!
Holiday Lighting				
ENERGY STAR qualified LED decorative light strings use up to 90% less energy than incandescents to provide the same amount of light.				
Plug your holiday lights into an automatic timer to make sure they are not left on all night.				
Home Heating				
Install an ENERGY STAR programmable thermostat. Keep it at 68° or cooler in winter when you are home and cooler at night or when you're away from home. Reset it to 78° in summer when home and 82° or higher when you are away. Switch the fan setting to auto.		\$61.29		
Water Heating				
Set the water heater temperature to 120 degrees		\$84.00		
Kitchen				
Don't run a partially empty dishwasher. Wait until you have a full load.		\$70.00		
Match your pot to the burner size. A six-inch pan on an 8-inch burner will waste more than 40% of the energy.		\$36.00		
Use glass and ceramic baking dishes, rather than metal, and turn down the oven temperature by about 25° F for the same results.				
Pressure cookers use less than a third of the energy required by a conventional pot and actually reduce your cooking time.				
Set the refrigerator temperature to between 36 and 38 degrees.				
Set the freezer temperature to between 0 and 5 degrees				
Prepare your holiday meals with as many locally grown, seasonal and/or organic goods as possible.				
Don't preheat the oven for foods that take hours to cook, such as turkey and ham. Preheating is only necessary for breads and pastries that need to rise as they bake.				



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941-861-5000

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Don't open the oven door to take a peek inside. Instead, turn on the oven light to check cooking status. Opening the oven door lowers the temperature inside, increases cooking time and wastes energy.		\$35.00		
Busy Bathroom				
Install a WaterSense labeled showerhead to save both water and water heating costs.		\$36.00		
Install a 1.5 gallon per minute (gpm) WaterSense labeled faucet aerator to save more than 500 gallons per year.				
Phantom Plug Load				
Use a "smart" power strip as a central "turn off" point for computers, TVs, and entertainment components when not in use.		\$100.00		
Holiday Dip				
Replace your pool pump with a multi-speed or high-efficiency pump.		\$344.00		
Total Potential Yearly Savings:		\$766.29		
<i>Don't forget there will be even more savings for any actions with a </i>				

ENERGY UPGRADE GIFT GUIDE

You've made your own list and checked it...twice. Now give the gift of energy savings to family and friends.

LOOK FOR THE LABEL

Energy-efficient appliances and electronics continue to save energy and money long after the holidays are past. Look for ENERGY STAR® qualified products when you shop. According to the EPA, choosing energy-efficient products can save families about one-third on their energy bill without sacrificing features, style or comfort.

If a television is on your holiday list, remember that plasma TVs use more power and generate more heat than LCD TVs. According to tests performed by CNET since 2008, plasmas consume, on average, roughly two to three times more electricity to produce an image of the same brightness as LCDs.

ENERGY STAR compact fluorescent or LED light bulbs or solar- powered outdoor lighting fixtures make great gifts that will save your friends or family members money throughout the year.



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DON'T FORGET THE DO-IT-YOURSELFER

Be sure to choose power tools with ENERGY STAR labeled battery chargers, the most efficient available.

You might not think of caulk, weather-stripping or foam insulation gaskets as gifts, but these little items can make a big difference in saving energy costs during the chill of winter. Place several home weatherizing products in a reusable tote for a fun, energy-themed goody bag. For more impact, go to www.energyupgradetoday.com and click on "seal leaks" and download information about ways to seal air leaks and prevent warm air from escaping and cold air from infiltrating your home.

CURE PLUG OVERLOAD

"Smart" power strips help that special someone control phantom energy loads (energy used by electronics that are turned off or in standby mode).

IT'S A WRAP

It takes a lot of energy to produce all the paper, ribbons and bows that are torn to bits when the gift is opened. Wrapping paper with at least 30% post-consumer recycled content is a good choice. Or, save paper and money by wrapping holiday gifts in earth-friendly newspaper comics, old maps, shopping bags, or other reused paper for a one-of-a-kind look.

UNPLUG ALTOGETHER!

Some of the best gifts don't have plugs or batteries at all! Consider alternative gifts like "coupons" for babysitting services, a home-cooked meal or excursions to a favorite park or playground. Memberships to local museums, aquariums or other attractions can also offer year-round fun.

These types of gifts do not require the resources used for producing and disposing of traditional gifts. And the bonus is more time spent with loved ones. And if batteries are unavoidable, buy batteries that are rechargeable.

LEARN MORE

You can always get more ideas for saving energy and money at www.energyupgradetoday.com

For additional information e-mail: info@energyupgradetoday.com.