

Reduce Costs By Conserving

Cooking

- Use toaster ovens, crockpots, microwaves: especially when cooking small to medium-sized meals. They use less energy than your stove or oven.
- For faster cooking use a pressure cooker.
- Thaw frozen food ahead of time, in the refrigerator. It takes planning ahead but saves energy.
- Use high heat only to start the cooking process.
- When using electric ranges, turn burners off a few minutes before the end of cooking time and allow the residual heat to finish the cooking.
- Use flat bottom utensils which cover the entire element.
- Use the self cleaning feature of the oven while the oven is still warm.
- Minimize peeking in the oven. Temperatures can drop up to 25 degrees Fahrenheit each time the door is opened.
- Preheat the oven only when baking.
- Keep lids on pans to cook food more quickly.



Dishwasher

- Wash only full loads. It costs exactly the same to wash one dish as a whole load.
- Stop the dishwasher before the dry cycle begins and air dry the dishes.

Laundry

- Wash laundry in warm or cold water instead of hot. -Hot water needs to be used only for oily stains and very dirty loads.
- Use the soak cycle on heavily soiled clothes to prevent double washings.
- Dry clothes outside whenever possible.
- Vent your dryer outside.
- Hang clothes immediately to prevent ironing.
- Do ironing all at once to avoid heating the iron several times.

Lighting

- Keep light bulbs and fixtures clean.
- Turn off lights when you are not using them. One 100-watt bulb left on all night costs about \$25 over 12 months.
- Install compact fluorescent light bulbs that use less energy and last 10 times longer than incandescent lightbulbs.

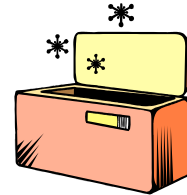
Heating the Home

- Use drapes: Where windows face the sun, keep drapes open in the day, but close all drapes at night.
- Move furniture away from warm air registers

- Turn down the thermostat in the winter and set it higher in the summer. You save 6-8% for every degree. The US DOE says that heating bills account for approximately 44% of the average family's electric bill.

Refrigerator/Freezer

- Open doors only when necessary.
- If buying a freezer, select a chest type, ENERGY STAR rated.
- Buy manual defrost refrigerators when possible rather than self-defrosting. Defrost when frost is quarter inch thick.
- Vacuum the cooling coils beneath refrigerator.
- Check gaskets on refrigerators and freezer doors.



Vehicles *Car expenses can be lowered by driving less.* “I have to drive to work” you respond. Well, consider alternatives. Can you carpool, walk when the weather permits, or use public transportation? Though MASCOT may seem expensive, consider the costs of a second car. Expenses in addition to the purchase price include insurance, tags, registration, repairs, fuel, personal property taxes, and interest charges if the car is purchased with a loan.

Driving less may mean planning family activities to drive the shortest route. Shop for one or two weeks groceries at a time. Then just pick up milk or other perishable items as needed. (Comparison shop for items you buy as convenience store prices may be higher.)

Water Heaters

- Keep water heater temperature at the lowest recommended setting (120-140 degrees Fahrenheit). The water heater is the second biggest energy user in the home.
- Correct leaking faucets.
- Don't leave faucets running.
- Use cold water whenever possible.



Sources: <http://counties.cce.cornell.edu/steuben/energy%20conservation.htm#lighting>

<http://mea.coop/>

www.eere.energy.gov/

www.ext.vt.edu/pubs/family/354-155/354-155.html

Cascio, Julie, Home and Family Ideas Newsletter, May, 2008, page 3 available on <http://www.alaska.edu/uaf/ces/hhfd/>

Estimate the Cost

To calculate the cost to operate an appliance or home electronic, check for the wattage it uses. Then, use this formula to estimate an appliance's energy use:

$$\frac{\text{Wattage} \times \text{Hours Used}}{\text{Per Day}} \div 1000 = \text{Daily Kilowatt-hour (kWh) consumption}$$

(1 kilowatt (kW) = 1,000 Watts)

Multiply this by the number of days you use the appliance during a month for the monthly consumption. Calculate the cost to run an appliance by multiplying the kWh per month by your local utility's rate per kWh consumed. (MEA quoted 13 cents/kWh on 4/21/08)

Note: To estimate the number of hours that a refrigerator actually operates at its maximum wattage, divide the total time the refrigerator is plugged in by three. Refrigerators, although turned "on" all the time, actually cycle on and off as needed to maintain interior temperatures.

For more information check out the U.S. Department of Energy website at www.eere.energy.gov/

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