



**IDAHO
DEPARTMENT OF
ENVIRONMENTAL
QUALITY**

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Energy Conservation Tips for Residents

Home

- Insulate doors, windows, walls, and ceilings.
- Set thermostats no higher than 68° in winter, no lower than 75° in summer.
- Install a programmable thermostat. Lowering your thermostat by 10° at night can reduce your heating bill by 10 to 20%.
- In the winter, close blinds at night to cut down on heat loss.
- In the summer, close blinds during the day to avoid heat from the sun.
- Arrange furniture so that heating and cooling vents are not blocked to assure proper circulation.
- Lower the temperature setting on your water heater to 120° Fahrenheit.

Lighting

- Turn off lights when not in use.
- Consider using fluorescent lights¹. They produce three times as much light per watt as incandescent bulbs, and usually last 20 times longer.
- Install timers on inside and outside lights.
- Consider motion detectors to trigger outside lights rather than leaving on all night.
- Use the appropriate wattage bulb for the task and area.

Appliances

- Turn off appliances when not in use.
- Follow manufacturer recommended maintenance plans on appliances. Clogged filters or heavily frosted freezers can reduce the efficiency of the appliance.
- Buy energy efficient appliances.
- Run full washing machine and dishwasher loads.
- Air dry laundry and dishes.
- When possible, use small economical appliances instead of large ones. For example, use a toaster oven instead of the large oven, or a waffle iron instead of the range.
- Cut cooking time in half by defrosting food before baking.
- Reduce energy consumption and conserve water by using low flow showerheads.

Outside

- Plant trees and shrubs to create wind breaks and provide shade in the summer.
- Plant drought-resistant plants that require less watering.
- Don't over water lawn and plants. Water enough to soak in, but not run off on sidewalks or street.
- Water lawn on alternate days instead of every day.

¹ Note: Fluorescent lighting contains mercury and should be recycled or properly disposed. Visit DEQ's on-line recycling directory at www.deq.idaho.gov/recycling#recycling-directory for services in your area.