

# Empower

CHATTANOOGA

## Energy-Savings Checklist

**No Cost (bold)**  
Low Cost (regular)

### HEATING AND COOLING TIPS

- Adjust your thermostat, especially when you are out of the house or asleep.**
- Open shades in winter during the day to let warm sun in, close them at night to keep heat in.**
- Close shades in summer during the day to keep warm sun out.**
- Move furniture, carpet, & drapes from heat registers, & put seating away from drafty windows.**
- Close the damper & doors on your fireplace when not in use.**
- Fans cost less than air conditioning, so use them in the summer even if you have air conditioning.**
- Move lamps & tvs away from air conditioner. Heat makes the air conditioner work more.**
- Install a programmable thermostat & set the temperature to vary during the day & week.
- Get professional help to seal duct leaks & cracks in ceilings and floors.
- Insulate & weatherstrip the attic pull-down stairs.
- Insulate outlets on exterior walls.
- Plant shade trees on south & west sides of house.
- Install plastic over drafty windows, using inexpensive kit & hair dryer.
- Fit a piece of mattress foam into fireplace flue to make it airtight when it's not in use.
- Replace furnace filter regularly. Dirty filters make the furnace work harder.

### HOT WATER TIPS

- Wash clothes in cold water & use cold water for garbage disposal.**
- Take shorter showers & take showers instead of baths. Showers use less water.**
- Install low-flow showerheads & faucet aerators.
- Put an insulating blanket around your hot water heater IF it is electric.
- Insulate the pipes in & out of water heater BUT not near vent of gas water heater.

### LIGHTING TIPS

- Turn off lights in unoccupied rooms.**
- Use daylight when possible.**
- Keep bulbs clean so that you get the maximum light from each bulb.**
- Use task lighting (e.g., lamp), rather than lighting the whole room.**
- Replace incandescent bulbs with compact fluorescent or LED bulbs.

**Text "EmpowerCHA" to 72727 for tips and events**

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### COOKING AND PLUG-IN TIPS

- Use small pots, use stove burners smaller than pots, & keep lids on pots.**
- Use microwave instead of stove or oven when you can. Keep it clean to be more efficient.**
- Use glass or ceramic pans in the oven. They heat faster than metal.**
- Don't let preheated oven sit empty unnecessarily & don't open oven door during cooking.**
- Unplug phone chargers when not in use.**
- Line dry your clothes instead of using the dryer.**
- Wash only full loads of laundry.**
- Use power strips to turn off computers & electronics when not in use so they are really off.
- Check outside dryer vent monthly to see if it is opening & closing freely. Replace if necessary.

### REFRIGERATOR TIPS

- Set the refrigerator temperature at 37 to 40 degrees F & the freezer at 0 to 5 degrees F.**
- Keep the refrigerator coils clean. Dust makes the refrigerator work harder to cool food.**
- Let food cool before putting it in the refrigerator & use lids to keep moisture from escaping.**
- Keep the freezer full, even if you just fill it with containers of water.**
- Reduce cooking time by thawing frozen foods in the refrigerator before cooking them.**
- Don't place your refrigerator next to your stove or other source of heat.**
- If you can pull a piece of paper from a door with a rubber gasket, replace the gasket.

### TRANSPORTATION TIPS

- Drive the speed limit and accelerate gradually - mashing the gas pedal uses huge amounts of gas.**
- Don't leave the car idling. Turn it off to save gas.**
- Take heavy items out of your car. It takes more gas to haul more weight.**
- Keep your tires inflated to proper pressure. Low pressure uses more gas.**
- Combine trips when possible and start a carpool.**
- Walk whenever possible. It saves money and it's good for your health.**
- Keep your car engine tuned up and filters replaced to reduce fuel consumption.
- Check out the bus. It may be more convenient and less costly than driving your car.
- Keep your bike in good operating condition and use it for short trips to the store.

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