

# Room-By-Room Energy Saving Checklist

Use this checklist to learn simple ways to save big. Even those whose budgets are stretched too tightly already can implement several of these changes.

Challenge yourself. See how many of these no-cost or low-cost options you can implement this month. Then make a plan and a budget for some of the more time and labor intensive energy efficiency upgrades.

## In every room

### Lighting

- Change incandescent light bulbs to compact fluorescent lamps
- Use only CFLs designated dimmable in dimmable fixtures
- Use occupancy sensors and timers
- Replace several small bulbs with one large bulb
- Decorate wall surfaces with light, reflective colors
- Keep fixtures and covers clean

### Phantom appliances

- Unplug when not in use and especially when you're on vacation

### Computers

- Put all electronics on one power strip; turn off when not in use
- Turn off your computers overnight

## Kitchen

### Electric range

- Use microwave for cooking when possible.
- Fit pans to burner size
- Use lids on pans to retain heat
- Use small appliances like crock pot or microwave
- Pre-heat oven only five minutes
- Use kitchen exhaust fan when cooking and turn it off when not cooking.

### Dishwasher

- Wash full loads
- Wash with energy-saver cycle
- Dry with "no heat" cycle

### Refrigerator

- Keep 3/4 to 7/8 full for efficiency
- Set refrigerator temperature at +34° to +38° / Freezer 0° to +5°
- Clean coils every three months
- Locate away from heat sources
- Replace with Energy Star model

## Bedroom

- Verify electric blanket is turned off in morning.

## Bathroom

- Install low-flow fixtures
- Repair leaky faucets promptly
- Showers use 50 percent less water than baths

## Utility Room

### Electric water heater or storage tank

- Set water heater to 120° to 130°F
- Wrap water heater and pipes
- Flush sediment regularly
- Install a timer

### Electric dryer

- Dry full loads
- Do multiple loads at a time
- Clean lint screen
- Choose moisture sensor model
- Air dry when possible

### Washing machine

- Wash with cold water

- Pre-soak heavily soiled loads

### Freezer

- Defrost whenever 1/4" build up
- Set thermostat 0° to +5°F

- Replace aging appliances with Energy Star models

## Major appliances

- Maintain your appliances, especially your furnace or boiler. Well maintained appliances operate more efficiently.
- Replace aging appliances with Energy Star models

## Exterior

### Yard light

- Use high pressure sodium bulbs
- Install photocell motion detectors

### Heat tape

- Reduce wattage if cold water initially comes out warm

### Garage

- Keep your garage door down.

## Beyond electricity

- Insulate and weatherize your home
- Install a programmable thermostat
- Set thermostats to 78° in summer, 68° in winter.
- Block drafts with foam gaskets on exterior wall outlets and switches
- Consider purchasing a more fuel efficient vehicle

### Additional resources:

- Energy Star  
[www.energystar.gov](http://www.energystar.gov)
- Touchstone Energy  
[www.touchstoneenergy.com](http://www.touchstoneenergy.com)
- U.S. Department of Energy  
[www.energy.gov](http://www.energy.gov)



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