

# Your Guide to Saving Energy at Home



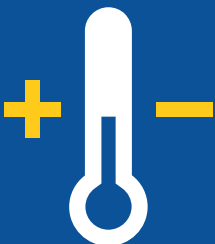
Tips you need to know:

**SAVE MONEY  
ON YOUR  
ENERGY BILLS**



Tips you need to know:

**HOME ENERGY  
AUDITS**



Tips you need to know:

**LOCAL UTILITY  
AND STATE  
PROGRAMS**



# Checklist for Saving Energy and Money at Home



When you see this symbol, it means you can find more information, videos, and links on our website. Use this link or QR code to visit our website.

[z.umn.edu/  
HomeEnergy](https://z.umn.edu/HomeEnergy)



## Schedule a Home Energy Audit anytime.


Whether you're just getting started with energy efficiency, or you've already checked all the boxes in this guide, a home energy audit is a professional review of your home's energy efficiency. An auditor will inspect the places you could be losing energy, and may offer free energy-saving products (like LEDs, weatherstripping, and more) and plans for future improvements.



**TIP: See what happens during an energy audit.**



## HEATING & COOLING

- Don't heat or cool the outdoors. Close windows and doors when running the furnace or air conditioner.
- If you have air registers, make sure they aren't blocked by furniture or other objects so the air can circulate.
- Program your thermostat to heat or cool at specific times. A smart thermostat (may be available for free from a home energy audit) can be programmed to cool or heat spaces in advance rather than maintaining a constant temperature.
  - In cool weather: set your thermostat to 68°F during the day, and lower it at night or when you are away.
  - In warm weather: set your thermostat to 78°F and use a fan (ceiling, box, oscillating, etc.) when in the room for comfort and to reduce air conditioning costs. Close curtains and shades during the day and open windows at night to take advantage of cooler night time temperatures.
- Replace furnace filters monthly. This will improve the efficiency of the furnace, extend its life, and reduce dust.
- Regularly maintain your heating and cooling system. Use [\*\*ENERGY STAR's HVAC Maintenance Checklist\*\*](#) 
- Consider replacing your furnace or boiler when it nears the end of its expected life (15-20 years for furnaces, 20-30 for boilers), requires frequent repairs, or is inefficient.

**TIP: Air source heat pump — a high efficiency way to replace or supplement your heating or cooling system.**

**TIP: Avoid individual space heaters. While they seem like a solution to heating small spaces, space heaters are very inefficient and a fire hazard.**



## LIGHTING

- ❑ Turn off exterior lights during the day.
- ❑ Replace inefficient incandescent or fluorescent bulbs and fixtures with LEDs.

**TIP: A home energy audit may swap out inefficient lighting in your home for LED!**

- ❑ Install dimming controls in locations where natural lighting from windows is available or where less than full brightness is needed, such as in hallways.



## REFRIGERATION

- ❑ Identify leaky refrigerator and freezer doors. Close the door on a piece of paper, and if it is easily pulled out, replace the seal or gasket.

**TIP: Use the power saver feature on refrigerators if available.**

- ❑ Check that refrigerator cooling coils are clean.
- ❑ Defrost the inside of your freezer or refrigerator.
- ❑ Move refrigerators and freezers away from heat sources.



## STRUCTURE

- ❑ Seal your home from cold winter drafts.
  - Keep storm windows on doors and windows shut.
  - Use plastic film on windows and draft snakes, sweeps, and weatherstripping for doors.
  - Inspect doors and windows for gaps or cracks, and seal with weatherstripping, caulking, or foam insulation.
- ❑ Adding insulation and sealing air leaks can reduce heating and cooling costs by 15% or more.

**TIP: A home energy audit can find air leaks and show you how much insulation exists in your home.**

**TIP: Unplug electronics when not in use or use a smart power strip.**

### Ready to take action to save more energy? Follow these steps:

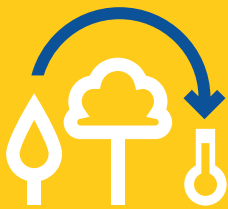
- +** Contact your utility to find out if they provide home energy audits, free energy-saving items, or rebates for appliance upgrades.
- +** Learn about Energy Assistance and Weatherization Assistance Programs. If eligible you can get help with your energy expenses and may receive free home energy upgrades.

- +** Make a plan for when you should replace appliances and equipment. Incentives are available from the federal government, the State of Minnesota, local governments, and utilities. If you plan ahead you can save more money and get more efficient appliances.
- +** Consider solar energy. Learn more about your options: installing it on your property, purchasing community solar, or taking advantage of green pricing.



**CERTs**

CLEAN ENERGY RESOURCE TEAMS



The Clean Energy Resource Teams, or CERTs, is a statewide partnership with a mission to connect people and their communities to the resources they need for community-based clean energy projects.

Whether you live in an apartment, a single family home, or a manufactured home, we have even more ways for you to save energy and money on our website:

[z.umn.edu/HomeEnergy](https://z.umn.edu/HomeEnergy)

