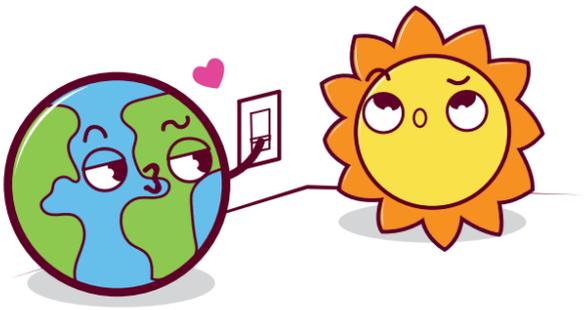


FALL IN LOVE WITH ENERGY SAVING

Ah, love is in the air this time of year. But so are drafts, phantom loads, and excess heat from that outdated incandescent lightbulb.

Here are 5 tips to spice up your relationship with energy efficiency!

1 | TURN THE LIGHTS DOWN



From setting the mood to saving energy consumption, there are several lighting choices on the market that meet the new efficiency standards. Compact fluorescent light bulbs (CFLs) provide the same amount of light as incandescent bulbs, but use up to 75 percent less energy and last 10x longer. CFLs produce very little heat. Using CFLs can help cut lighting costs and reduce environmental impacts. Today's CFL bulbs fit almost any socket and produce a warm glow. Light emitting diodes (LEDs) are one of the most readily available energy efficient lighting choices today. LEDs use even less energy than CFLs, and have an average lifespan of at least 25,000 hours. The U.S. Department of Energy estimates that widespread adoption of LED lighting by 2027 would reduce lighting electricity demand by 33 percent. This would avoid construction of 40 new power plants!

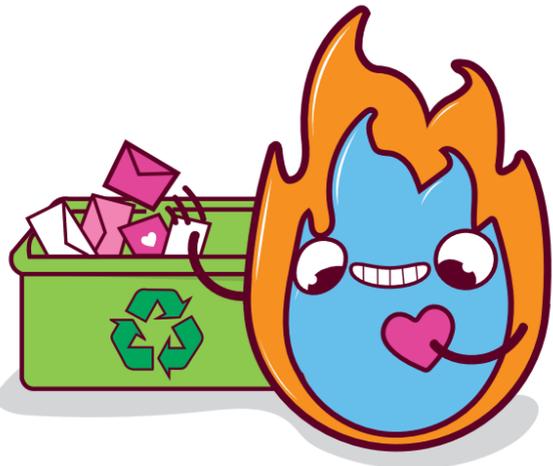
2 | KEEP WARM AND COZY (WHEN NEEDED)

A seven to ten-degree adjustment to your thermostat setting (lower in winter, higher in summer) for just eight hours per day can lower heating and cooling bills by 10 percent. Programmable thermostats can automatically control temperature for time of day and season. Feeling chilly? Snuggle up to a significant other or beloved pet, put on a sweatshirt, or cozy up under a blanket instead of dialing up the thermostat.



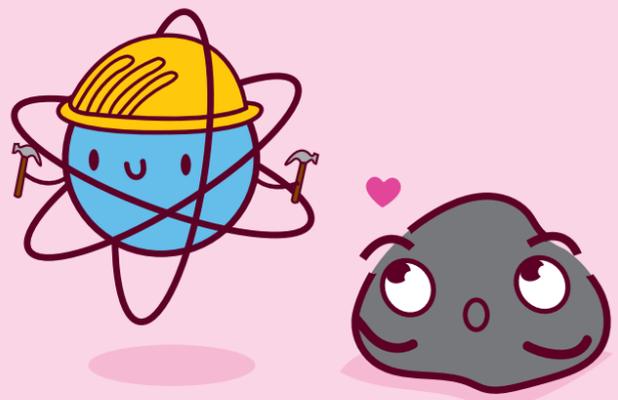
3 | CREATE A HEALTHIER RELATIONSHIP BETWEEN YOUR ENERGY CONSUMPTION AND THE PLANET

Routine can certainly be a good thing, but breaking old habits is too. Try to relate your energy use to your daily life. Take an extra glance around to locate the recycling bin for that empty plastic container or stack of junk mail in the office. Use the stairs instead of taking the elevator one floor up. Carry a water bottle for refilling, rather than purchasing plastic water bottles. Turn the heat down when away from home. Baby steps in your daily routine towards energy efficiency go a long way.



4 | REPAIR WHAT'S BROKEN

Reduce, Reuse, and Recycle. But don't forget about the other forgotten "R", Repair. Many people throw away products when they break and buy new ones. Many of these products could be easily and cheaply repaired. Always consider repairing or donating a product before throwing it away. Often, if you aren't able or willing to repair it yourself, others may be interested. Repairing and or donating items saves energy, money, and natural resources.



5 | "HUG" YOUR HOME

About one-quarter of a typical home's heat loss occurs through the doors and windows. One of the easiest moneysaving measures you can do is caulk, seal, and weather-strip the cracks to the outside. You can save 10 percent or more on your energy bill by stopping the air leaks in your home. Add storm windows or sheets of clear plastic film to create additional air barriers between your home and the outdoors. Hang insulated drapes on the inside. In cold weather, open blinds on sunny days and close them at night. Add insulation around pipes and make sure attics and crawl spaces are properly insulated.

These tips and so many more are found in NEED's *Monitoring & Mentoring* and *Building Science* curriculum guides, available for free PDF download!

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