

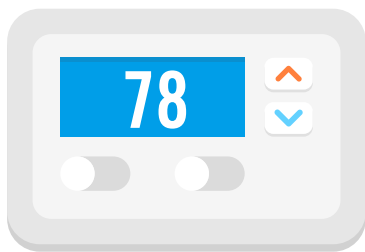
Spring and Summer Energy-saving Tips

Simple Steps with Huge Impacts

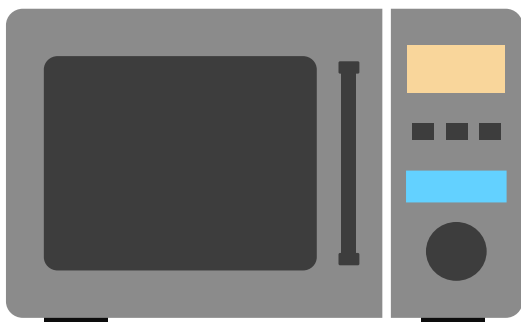
Ida Jackson, Wilkes County Family and Consumer Sciences agent

Operate your thermostat efficiently

- Set your thermostat as high as comfortably possible in the summer. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.



- Keep your house warmer than normal when you are away, and lower the thermostat setting to 78 °F (26 °C) only when you are at home and need cooling. A programmable thermostat can make it easy to set back your temperature.
- Avoid setting your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary energy expenses.

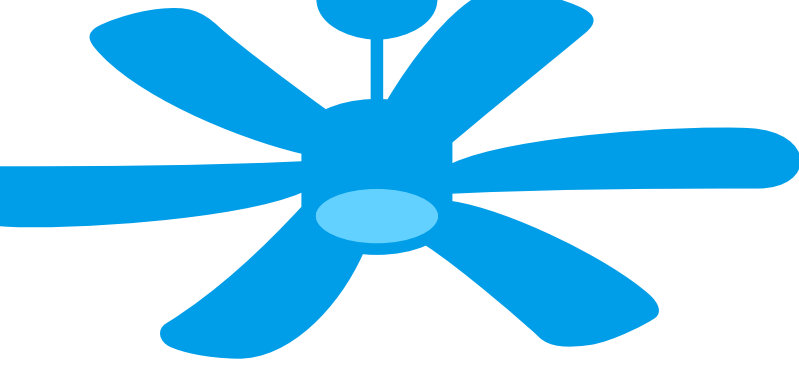


Keep your cooling system running efficiently

- Schedule regular maintenance for your cooling equipment.
- Avoid placing lamps and televisions near your air conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.
- Vacuum registers regularly to remove any dust buildup.
- Make sure furniture and other objects are not blocking the airflow through your registers.

Don't heat your home with appliances and lighting

- **On hot days:**
 1. Avoid using the oven.
 2. Cook on the stove.
 3. Use a microwave oven.
 4. Grill outside.
- Install energy efficient lighting, including LED or CFL bulbs that burn cooler. Only about 10% to 15% of the electricity that incandescent lights consume results in light—the rest is turned into heat.
- Purchase ENERGY STAR certified lighting products.
- Take advantage of daylight instead of artificial lighting, but avoid direct sunlight.
- Wash only full loads of dishes and clothes. Consider air drying both dishes and clothing.



- Take shorter showers and avoid baths.
- Minimize activities that generate a lot of heat, such as running a computer, burning open flames, running a dishwasher, and using hot devices such as curling irons or hair dryers. Even stereos and televisions will add some heat to your home.

Keep hot air from leaking into your home

- Seal cracks and openings to prevent warm air from leaking into your home.
- Add caulk or weather stripping to seal air leaks around doors and windows.

Use fans and ventilation strategies to cool your home

- If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4 °F with no reduction in comfort.

- Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms, by creating a wind chill effect.
- When you shower or take a bath, use the bathroom fan to remove the heat and humidity.
- Add spot ventilation to your laundry room.
- Make sure bathroom and kitchen fans are vented to the outside (not just to the attic).

Use your windows to gain cool air and keep out heat

- If you live in a climate with cooler nighttime temperatures, turn off your air conditioner and open your windows while sleeping.
- When you wake in the morning, shut the windows and blinds to capture the cool air.
- Use window treatments and coverings that can improve energy efficiency.

Resource: <https://www.energy.gov/energysaver/energy-saver>

For more information, contact:



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