

Campus Climate Action Corps

Energy Efficiency Community Resource Guide



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Campus Compact



AmeriCorps

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About Us

The Campus Climate Action Corps (CCAC) is a [Campus Compact](#) and [AmeriCorps](#) initiative dedicated to improving energy efficiency and cost savings for economically disadvantaged individuals and to lessening our environmental impact.

CCAC AmeriCorps members serve as a vital link to spread our message across the entire state! Campus Compact initiatives bring positive growth to both the AmeriCorps members and the communities they serve. The CCAC program is a staple in the community because it promotes energy conservation for environmental and financial reasons while bringing communities closer together.

The goal of CCAC is to reach households that have higher energy burdens or spend a disproportionate amount of their income on energy bills. Especially focused on economically disadvantaged residents, CCAC provides access to energy efficiency resources that aim to lower energy bills and promote environmental sustainability.

Environmental sustainability lies at the heart of every CCAC initiative. More people saving energy means fewer carbon emissions released into the environment, a vital step in the right direction in our battle against the climate crisis. CCAC initiatives build community partnerships to promote energy efficiency awareness. Not only do these partnerships encourage various groups to unite around environmental stewardship, but they also open pathways for future collaboration and opportunity in the community. Collectively, CCAC's initiatives spur environmental and financial progress while uniting communities in the name of energy efficiency.

Additionally, CCAC initiatives have a profound impact on the AmeriCorps members who participate in them. AmeriCorps members gain experience in planning and operating an environmentally focused public awareness campaign while developing valuable skills in the process. Over their term of service, members develop skills such as time management, leadership, communication, creativity, and volunteer management. The skills and experiences that Campus Compact members gain over the course of service are certainly invaluable to any individual seeking to enhance their professional self, regardless of their desired career.

CCAC's initiative provides an irreplaceable framework for sustainable living that works to preserve the environment, benefits the community, and provides priceless experiences and skill development for people passionate about making a difference.

CCAC in New Hampshire

CCAC has a growing presence in New Hampshire and is currently partnered with one host site: Colby Sawyer College. To learn more about our other projects, please visit our website [here](#).



Why is Energy Efficiency Important?

Energy efficiency means using *less* energy to perform a task (i.e. turning off a light.) Having an energy efficient home improves your household’s health, safety, and comfort, as well as helps protect the environment. Finding ways to maximize energy efficiency is particularly important for low-income households because economically disadvantaged people experience higher energy burdens. Low-income houses have an average of [5% more of an “energy cost burden”](#) than average households.

Improves Health, Safety, and Comfort

Maximizing energy efficiency reduces the need to burn fossil fuels to generate electricity. Pollutants from fossil fuel combustion can lead to cancer, respiratory illnesses, heart disease, and stroke, all of which are leading causes of death in the United States. High energy burdens may also force you to cut back on heating, cooling, and lighting expenses, which can have many physical and mental health consequences, such as uncomfortable temperatures, inadequate lighting, unsafe housing conditions, and constant financial and social stress.

Helps the Environment

When you burn fossil fuels to power your home, you release carbon dioxide and other **greenhouse gasses** that trap heat in Earth’s atmosphere, warming the planet’s surface. This leads to **climate change** which causes sea-level rise, inhabitable climates, extreme weather, and many other problems that threaten life on Earth. Economically disadvantaged populations are especially vulnerable to the effects of climate change. Increasing energy efficiency can slow climate change by decreasing demand for energy imports and reducing greenhouse gas emissions. The American Council for an Energy-Efficient Economy estimates that energy efficiency policies could reduce annual carbon dioxide emissions by 1 billion tons by 2030.²

Energy Efficiency in Your Home

Whether you are a homeowner or a renter, you will find information in this manual about how you can lessen your household energy expenses through:

- The Low-Income Home Energy Assistance Program (LIHEAP)
- The Weatherization Assistance Program (WAP)
- Insulating Window Inserts
- Rebates for energy and cost-efficient upgrades
- Tips for maximizing energy efficiency
- Advocating for climate action in Massachusetts

Saves Money

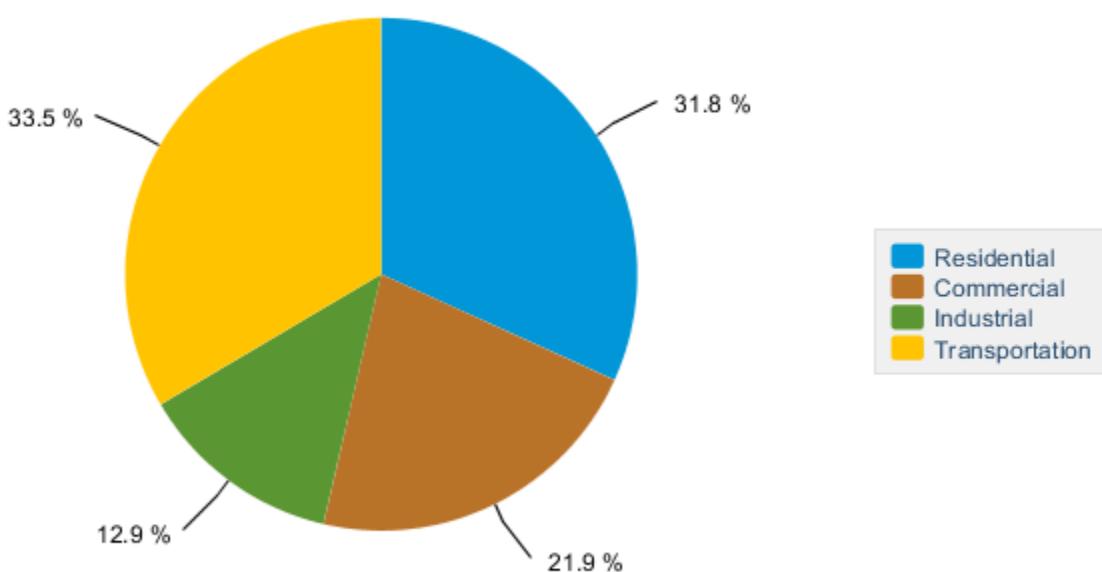
Economically disadvantaged households can save money on heating, water, electricity, and household appliances through energy efficiency benefit programs such as **LIHEAP** (Low-Income Home Energy Assistance Program), **WAP** (Weatherization Assistance Programs), and **rebate** and **incentive** programs. Simple tips and tricks can help you save even more energy and money in your home.

New Hampshire Energy Profile

Energy Burden in New Hampshire

Energy burden is defined as the percentage of a household's income spent on home energy bills. About three-fifths (59%) of New Hampshire households use petroleum products as their primary heating fuel, the second-largest share among the states and almost seven times greater than the national average. Click [here](#) to learn more about energy burdens.

New Hampshire Energy Consumption by End-Use Sector, 2021



 Source: Energy Information Administration, State Energy Data System

The Electric Assistance Program (EAP)

What is EAP?

The EAP provides eligible customers with a discount on their monthly electric bills. The discounts range from [5%-86%](#) depending on the customer's gross household income and household size.

EAP Eligibility in New Hampshire

All electric utility customers support the statewide EAP through the system benefits charge

portion of their electric bill. The EAP discount helps make bills more affordable and helps customers avoid the risk of having their electric service shut off for non-payment. To be eligible for the program, customers must receive an electric bill from a regulated electric utility (Eversource, Unitil, Liberty or NHEC) and have a gross household income that qualifies at the time of application. See [Income Eligibility Guidelines](#).

The Weatherization Assistance Program (WAP)

What is Weatherization?

Kind of like bundling up your home!

Weatherization is the process of protecting a building from air leaks and the elements to increase energy efficiency and reduce heating and cooling costs. According to the **US Department of Energy**, proper weatherization helps households save up to [15% on heating and cooling costs and 11% on total energy costs annually annually](#).³

Why Should New Hampshire Residents Weatherize?

Weatherization saves energy in the home by repairing and improving the building. The goal is to increase your home's energy efficiency, safety, and comfort by eliminating drafts by weather-stripping or repairing broken exterior doors, patching small holes in walls and roofs (and repairing damaged windows), and performing minor furnace maintenance and repair, insulation in the attic, walls, floor, and perimeter, and insulating water heater pipes or furnace ducts.

What Does WAP Entail?

The Weatherization Assistance Program (WAP) provides low-income households with full-scale home energy efficiency services. An average of \$4,725 in allowable energy efficiency measures is available to eligible households. The most common measures include: air sealing, attic Insulation, sidewall Insulation, floor Insulation, pipe and/or duct insulation, and limited energy-related repairs.

Weatherization Services that are Typically Funded Include:

- Insulation and venting
- Weather stripping
- Door sweeps
- Air sealing and caulking
- Sealing ducts
- Chimney bypasses
- Wrapping pipes
- Safety-related repairs

- Replacing incandescent bulbs with LED

Lasting Benefits of WAP

- Nationally, economically disadvantaged families spend on average \$1,800 on energy bills each year. WAP's energy upgrades save families an average of \$437 annually on heating and cooling costs, with additional energy and cost savings from lighting and appliance upgrades.⁶
- Low-income homes typically save an average of 35% on energy after weatherization services.⁶
- Weatherization continues to save money and energy each year.⁶
- Weatherization helps the environment by reducing carbon dioxide (CO₂) emissions by 2.65 metric tons/year per home.⁶
- Weatherization decreases pollution from burning fossil fuels and coal, improving local air quality and physical health.⁶

To learn more about the Weatherization Assistance Program, click [here](#).

The Heating System Repair and Replacement Program (HEARTWAP)

What is HEART WAP?

HEARTWAP serves LIHEAP-eligible households with heating system repair, replacement and maintenance services all year round. The Heating Emergency Assistance Retrofit Task Weatherization Assistance Program (HEARTWAP) provides emergency heating system repair and replacement services to low-income households. The program is administered by a network of local agencies, in most areas the same agency that administers the Low-Income Home Energy Assistance Program (LIHEAP) program also known as Home Energy Assistance. See the "How to Apply" link to contact the local agency. HEARTWAP contracts with heating system service companies to complete the work for eligible households.

To learn more about the Heating System Repair and Replacement Program, click [here](#).

The program is designed primarily to serve homeowners. The program is primarily an emergency-based heating system repair program that helps eligible homeowners pay to repair or replace defective or unsafe heating systems. Funds are also available for asbestos abatement only as needed to enable heating system repairs or replacements to be completed safely. The agency contracts with licensed and insured heating repair technicians to fix the problem. Interested households should contact their local Home Energy Assistance agency for application information.

Appliance Management Program (AMP)

What is AMP?

The Appliance Management Program (AMP), in partnership with National Grid and Eversource, through energy audits can replace certain appliances that are inoperable or inefficient, like refrigerators, freezers, window air conditioners, washing machines, and dehumidifiers. An energy auditor will come to your home and review your energy usage, show you ways to save on your electric bill, provide you with energy saving measures, and evaluate if any of your appliances qualify for replacement.

Eligibility Requirements for AMP

- Homeowners and renters may be eligible.
- Must be on the utility discount rate with either National Grid or Eversource Electric.
- The electric bill must be in the resident's name.
- Also eligible if already receiving [fuel assistance benefits](#).

How to Apply

Contact your local Massachusetts agency [here](#) to get started. Call 508-675-2157 Ext 274 for National Grid Customers or Ext 275 for Eversource Electric customers, or email them at ee@cfcinc.org.

NHSAVES

What is NHSAVES?

NHSAVES offers a range of services, rebates, incentives, and training to New Hampshire residents to make energy-efficient upgrades to their homes. Reducing energy costs. Protecting our environment. Making the communities of New Hampshire more sustainable. Funded by electric and natural gas ratepayers and delivered by Eversource, Liberty Utilities, New Hampshire Electric Cooperative and Unitil to make our homes, businesses and towns more sustainable and more comfortable places to live and work, both now and in the future.

Home Energy Audits

The Home Heating Index tool is an easy, online way to determine if your home qualifies for an audit that can ultimately help you earn energy efficiency incentives and rebates as part of the Energy Audits and Weatherization program available through your NHSaves® utility partners. Along with these meaningful incentives, the program offers access to established contractor relationships and low-interest financing that contribute to savings of up to \$6,000 in rebates on overall improvement costs.

HEAT Pumps & Central Air Conditioners

Heat Pumps - If you are looking for a convenient way to heat and cool your home, consider a

heat pump. Heat pumps can efficiently heat your home in the winter and double as a cooling system in the summer, all while lowering greenhouse gas emissions.

Central Air-Conditioners – Central air-conditioning systems distribute cool air throughout your home using a network of ducts and registers. ENERGY STAR® certified central air conditioners offer higher energy efficiency ratio ratings and use 8% less energy than conventional new models (source: [ENERGY STAR](#)).

Eversource, Liberty, and Unitil Electric Customers: Mail-in rebates are available when you purchase and install high-efficiency air-source heat pumps or central air conditioners for heating and cooling. A Wi-Fi [thermostat rebate](#) is available for units installed with a qualified heat pump system. These rebates are available to electric customers of Eversource, Liberty and Unitil while funding is available. Eversource, Liberty and Unitil electric customers ONLY, click [here](#) to complete your rebate form.

The Home Energy Assistance (HEA) Program

The Home Energy Assistance (HEA) Program serves New Hampshire’s income-eligible homeowners and renters to help reduce their energy costs, optimize their homes’ energy performance and make their homes safer, healthier and more comfortable.

The program covers 100% of the cost to weatherize the homes of income-eligible homeowners and renters and replace inefficient equipment. Eligibility is determined by total household income and the number of household members.

Of all U.S. households, 25% (30.6 million) spend more than 6% of their income on energy bills. 13% of U.S. households spend more than 10% of their income in energy bills, facing a severe energy burden.

The NHSaves utility partners’ goal is to help residents be more energy efficient. However, we know that is still not enough. The statewide Electric Assistance Program (EAP) began on October 1, 2002. This initiative provides qualifying customers with discounts on their monthly electric and gas bills. Reach out to the [Community Action Agency \(CAA\)](#) in your county to learn more.

Additional New Hampshire Energy Rebate Programs

Business (Commercial and Industrial) Energy Efficiency Programs CORE Business Energy Efficiency Program

New Hampshire electric and natural gas utility business customers can take advantage of their

company's energy efficiency products and services. Offerings range from rebates for new lighting and control systems to assistance financing larger upgrades. See each utility's site for more detailed information:

- [Liberty Utilities](#)
- [New Hampshire Electric Cooperative](#)
- [Eversource](#)
- [Unitil](#)

Community Development Finance Authority Clean Energy Fund

CDFA will help businesses, towns and non-profits navigate the energy investment financing process.

- [Clean Energy Fund](#)

Municipal and Non-profit Energy Efficiency Programs

The New Hampshire Community Development Finance Authority (CDFA's) [Municipal Energy Reduction Fund](#) assists municipalities with efficiency upgrades.

The CORE programs offered by the electric and natural gas utilities include a municipality-specific program; see the [NHSaves](#) website for details.

Finally the New Hampshire Community Development Finance Authority [Clean Energy Fund](#) could offer opportunities for energy efficiency financing for New Hampshire Businesses, towns and non-profits.

ENERGY STAR

Energy Star is an energy efficiency program administered by the U.S. Environmental Protection Agency. Energy Star and its thousands of partners help American households save energy and money while protecting the environment. The program offers guidance on high-impact energy efficiency improvements, and rebates on Energy Star-certified products. Products with the Energy Star label meet the strict energy-efficiency specifications set by the EPA.

To learn more about Energy Star Rebates, click [here](#).

Climate Action in the United States

In the 21st century, the world faces an unprecedented crisis: climate change. Due to the burning of fossil fuels and other unsustainable practices, harmful greenhouse gases are released into the air that warm the planet and send a range of cascading effects down our natural ecosystems. Coastal homes will be flooded, extreme weather events will become stronger and more common, and a wide variety of other effects will cause both environmental and socioeconomic

effects throughout the United States and the world. The Northeastern United States will not be shielded from these effects, and this brings about the urgent need for climate action.

Climate action is about the process of taking meaningful steps that reduce our greenhouse gas emissions and enacting meaningful change that will prevent the climate crisis from accelerating. Nationally, the [Inflation Reduction Act](#) is the flagship bill of the Biden administration that aims to curb greenhouse gas emissions and fight against climate change. Provisions of the bill include investing approximately 300 million into climate provisions, including renewable energy technology, investing in electric vehicle infrastructure, and over 1 billion dollars towards climate resilience in low-income areas. Also, as part of his climate agenda, Biden launched the [American Climate Corps](#) to train young people in climate-facing jobs, including renewable energy jobs and jobs that improve the country's climate resilience efforts. The initiative hopes to put 20,000 young people to work after a paid training program. International efforts are also underway to decarbonize, as demonstrated by the annual COP (Conference of Parties) conventions which aim to foster a sense of collaboration around the issue on a global scale. In 2015, a monumental conference was held in Paris, where nearly every country in the world committed to the Paris Climate Agreement, where greenhouse gas emission reduction targets were set, laying the groundwork for significant climate action. The [COP 28](#) convention was recently held in Dubai, UAE, in December 2023, with many of the world's leading countries and delegates once again committing to reducing fossil fuel use.

Climate Action in New Hampshire

New Hampshire's Climate Action

New Hampshire's Climate Action Plan presents an opportunity to:

- Spur economic growth through investment in our own state's economy of monies currently spent on energy imports.
- Create jobs and economic growth through the development of in-state sources of energy from renewable and low-emitting resources, and green technology development and deployment by New Hampshire businesses.
- Avoid the significant costs of responding to a changing climate on the state's infrastructure, economy, and the health of our citizens

To understand New Hampshire's contribution to climate change and be better positioned to identify and select recommended actions, a greenhouse gas emission inventory was conducted for 1990–2005 using the EPA's State Inventory Tool[†]. The inventory revealed that the vast majority of New Hampshire's greenhouse gas emissions are in the form of CO₂ resulting primarily from the combustion of fossil fuels for heat, power, and transportation. Analysis of this inventory showed that electric generation, transportation, and direct fuel use in buildings each contributed roughly one-third of the state's usage.

Reduction Goals

New Hampshire has worked cooperatively to develop a regional climate change action plan under the auspices of the Conference of New England Governors and Eastern Canadian

Premiers (NEG/ECP). The 2001 NEG/ECP Climate Change Action Plan calls for a long-term goal that reduces regional greenhouse gas emissions "sufficiently to eliminate any dangerous threat to the climate: current science suggests this will require reductions of 75–85 percent below current levels." In a 2007 resolution, the NEG/ECP established a target date of 2050 to achieve "a 75–85 percent worldwide target reduction in emissions, subject to further scientific analysis of this target."¹⁴ The goal of reducing greenhouse gasses 80 percent below 1990 levels by 2050 has been adopted by numerous states, cities, and organizations¹⁵. The 2007 IPCC report (Appendix 1) indicated that this goal was necessary to stabilize greenhouse gasses in the atmosphere at or below 450 ppm CO₂ – a level that would avoid the most severe and dangerous impacts of climate change. However, recent research suggests that even more aggressive emission reductions are required to stabilize our climate system. Clearly, stabilizing the concentrations of greenhouse gasses in the atmosphere will only occur through global action. Even regionally, the NEG/ECP Climate Change Action Plan recognized that different jurisdictions would have varying degrees of success at meeting even the short-term goals of that plan. However, the long-term goal of reducing greenhouse gas emissions by 80 percent by 2050 is the benchmark being used by many states and environmental organizations to assess whether climate action plans are putting into place the policies, market changes, technologies, and regulations needed to adequately address the causes of climate change. Accordingly, the Task Force recommends that New Hampshire strive to achieve a long-term reduction of 80 percent below 1990 levels, consistent with the NEG/ECP resolutions and the consensus recommendations of the scientific community.

For more please refer to New Hampshire Climate Action Plan [here](#).

National Energy Efficiency Resources

American Council for an Energy-Efficiency Economy (ACEEE) – develops transformative policies to reduce energy waste and combat climate change.

Address: 529 14th Street NW, Ste. 600

Washington, DC 20045

Phone: (202)-507-4000

Website: aceee.org

Dashboard of State Incentives for Renewable Energy and Efficiency (DSIRE) – website dedicated to finding programs that homeowners can benefit from in the realm of energy efficiency.

Website: <https://www.dsireusa.org/>

Environmental Protection Agency (EPA) –protects human health and the environment.

Website: epa.gov

Contact EPA: epa.gov/home/forms/contact-epa

National Energy Education Development (NEED) – trains and assists teachers in harnessing the energy of the classroom – the energy of students. Teaches students and teachers each year about energy.

Address: 8404 Kao Circle, Manassas, VA 20110

Phone: 1-800-875-5029 or 1-703-257-1117

Email: info@need.org

Website: need.org/educators

US Department of Energy (DOE) – The mission of the Energy Department is to ensure America's security and prosperity by addressing its energy, environmental and nuclear challenges through transformative science and technology solutions

- [Energy Saver Guide](#)
- [DIY Projects](#)
- [Find incentives and financing](#)
- [Office of Energy Efficiency and Renewable Energy](#)

National Housing Trust– Assists with every stage of a home energy project including planning, financing, installation, and management. The National Housing Trust Fund is a federally funded program that assists in the production and preservation of affordable housing with services for extremely low- and very low-income households, including homeless families, who, without the availability of integrated supports, might experience less stable tenancies.

Address: 1101 30th Street, NW Suite 100 A Washington, DC 20007

Phone: 202-333-8931

Email: nht@nhtinc.org

Website: nationalhousingtrust.org

Weatherization Assistance Program (WAP) –

provides no-cost energy audits and weatherization services for low-income homes. Find your local WAP agency [here](#).

Website: energy.gov/eere/wap/about

How to Apply: energy.gov/eere/wap/how-apply

New Hampshire State Resources

New Hampshire Residential Clean Energy Loan – In partnership with Eversource, NEIF offers homeowners access to trusted, transparent, and affordable monthly payment options for upgrades that make your home more energy efficient with the New Hampshire Residential Clean Energy Loan program.

Address: 1005 Brookside Road
Suite 200 Allentown, PA 18106

Phone: (484) 838-5460

Email: lending@neifund.org
loanservicing@neifund.org
contractors@neifund.org

Website: <https://www.neifund.org/nh-residential-clean-energy/>

New Hampshire Electric Co-op – Income-Qualified Home Energy Assistance Program – No-cost Energy Efficiency Improvements. Helps income-qualified members manage their energy use and lower energy costs by improving the energy efficiency of their homes. Qualified members receive up to \$8,000 in services, including a customized energy audit report. Eligibility is based on gross income and household size. The program is available for members living in apartments or homes, rented or owned.

Address: 579 Tenney Mountain Highway Plymouth, NH 03264-3154

Phone: (800) 698-2007

Email: solutions@nhec.com

Website: <https://www.nhec.com/home-energy-assistance/>

New Hampshire Electric Co-op – Residential Energy Efficiency Loan – New Hampshire

Electric Co-op offers On Bill Financing Loans for eligible projects under the NHEC Home Performance with ENERGY STAR program for weatherization. This loan program can be combined with NHEC rebates under the same program. Loans are up to \$4,000 at 0% interest for up to 48 months.

NHEC also offers loan subsidies as a part of their Residential Energy Efficiency Loan Buy down Program. These are to be used for eligible projects under the NHEC Home Performance with ENERGY STAR program for weatherization and for un-rebated costs associated with the installation of High-Efficiency Heat Pumps and Heat Pump Water Heaters.

Address: 579 Tenney Mountain Highway

Plymouth, NH 03264-3154

Phone: 603.536.8307

Email: sandberge@nhec.com

Website: <https://www.nhec.com/home-energy-solutions/energy-efficiency-loans/>

Liberty Utilities (Gas) – Residential Energy Efficiency Programs – Liberty Utilities offers a variety of incentives to its natural gas customers for the installation of energy-efficient equipment, including for furnaces, boilers, programmable thermostats, air sealing, and insulation. Visit the program website or contact the utility for more information.

Address: 116 North Main Street

Concord, NH 03301

Phone: +1 (603) 216-3634

Email: NHSaves@libertyutilities.com

Website: <https://new-hampshire.libertyutilities.com/allentown/residential/smart-energy-use/natural-gas/index.html>

Unitil (Electric) – Residential Energy Efficiency Programs – Unitil offers New Hampshire residential customers a number of programs to encourage more energy efficient homes.

Address: 6 Liberty Lane West

Hampton, NH 03842-1720

Phone: 1-888-301-7700

Website: <https://unitil.com/ways-to-save/rebates-incentives>

Tips for Saving Energy and Money in Your Home Year Round

In the following section, you will find some do-it-yourself tips to maximize energy efficiency and cost savings during both the warm and cold months of the year

Warm Weather Energy Saving Tips

Fan Yourself

Fans are more energy and cost-efficient than air conditioning (AC). Just remember to turn off the fans when you're not in the room. They aren't intended to cool the space— just the people in the space, via the wind chill effect.

Optimize your Thermostat

If you opt for air conditioning (AC), the US Department of Energy recommends setting your thermostat to 78°F in the summer to save up to 10% in energy costs each year. For every degree you raise your thermostat above 72 degrees, you can save up to 3% of your cooling expenses. Also, consider setting your thermostat to a higher, less energy-intensive temperature while you're not home. Make sure you get routine maintenance checks of your AC; [50%](#) of system failures associated with AC units are due to a lack of maintenance.

Monitor Water Usage

In the summer, water usage increases— whether it's watering your lawn or taking more showers. You can keep usage down and save money by:

- Getting a rain barrel to collect water for your garden or lawn.
- Watering grass and plants in the early morning or at dusk, so the water doesn't evaporate in the summer heat.
- Installing "low-flow" water fixtures, such as shower heads, toilets, and outdoor sprinklers.
- Taking cool showers and washing dishes with cold water.

Close the Blinds & Check Seals

Using a fan isn't the only way to keep your home cooler in the hot summer months. Take a quick walk around the house and close all the blinds and curtains during the day. This will keep your rooms from heating up and make spaces easier to cool with an air conditioner or fan. At night you can open the windows to let in the cooler night air. You can also add weather stripping to your doors and windows to better insulate your home.

Cold Weather Energy Saving Tips

Rock Your Winter Wardrobe Indoors

Layer up and stay bundled around the house in your winter best. [You can save 5%](#) for every degree you drop your thermostat between 60-70 degrees, so slip on your coziest sweatshirt and some fuzzy socks to let your clothes do the warming.

Decrease the Heat

Turn your thermostat to 58 degrees when you leave your home or before you go to bed in the winter months. According to the US Dept. of Energy, turning the heat down by 7 to 10 degrees for an 8-hour period at night or when you are at work can cut your heating bill by 10%. Do not turn off your heat completely though as your pipes could become frozen. Conversely, if your home gets too hot, condensed air can negatively impact wood products such as flooring.

Weather-Proof Your Windows

During the winter, up to 30% of your home's heat can escape through low-efficiency windows. [Upgrading to storm windows](#) can reduce heat loss but often requires a costly installation. For a budget-friendly alternative, sign up to receive insulating window inserts from the organization Window Dressers or use weather stripping.

Let The Sunshine In Take advantage of the world's best furnace— the sun! Naturally, heat your home by drawing the curtains of south-facing windows during the day to let the sunshine in. You'll save money on your heating bill and get to appreciate the wintery backdrop.

Tips to Follow Rain or Shine All Year Round!

Swap Out Old Light Bulbs With LEDs Not only are LED bulbs **83%** more energy efficient than traditional incandescent bulbs, but they also cost \$1.19 annually compared to the \$7.01 annual cost of incandescent bulbs. LED lights also contain less toxic chemicals like mercury.

Wash Your Clothes with Cold Water and Minimize Loads

Washing your clothes with cold water could save you up to **\$200** annually! Also, try to air dry your clothes instead of using a dryer and do BIG loads of laundry. Doing one load of laundry has the same carbon footprint as leaving an LED light on for 13 days straight.

Eliminate Phantom Loads/Energy Vampires

[Energy vampires](#) or Phantom Loads are appliances or plugged-in devices that draw energy even when not in use, usually by being in "standby" mode. Vampire energy can account for up to 10% of your monthly energy bill! The best way to avoid vampire energy is to plug energy vampires into power strips

that can be turned off when not in use. Common appliances that are energy vampires include:

- Phone chargers
- Desktop computers
- Stereos and TVs
- Coffee makers
- Microwaves,
- Video game consoles
- Satellite & cable boxes
- Printers

Turn off the Lights

Turn off the lights and other electronics when not in use --it's such a simple way to help the planet!

Follow the "Three R's" – Reduce, Reuse, Recycle

When following the "Three R's," reducing your consumption of energy, for example, is the best option. If you are unable to reduce the action you are participating in, the next best options are to reuse, then recycle. You can also implement these guidelines in many other daily habits, such as reducing food waste by composting, reusing water bottles, and recycling appropriate materials from your residence.

Energy Saving Tips

- Caulk and weatherstrip doors and windows that leak air.
- When home, turn down the heat to 68° For as low as comfortable.
- When you are asleep or away from home, turn the thermostat back 7° to 10° for eight hours and save as much as 10% a year on your heating and cooling bills.
- Consider changing to a programmable thermostat.
- Turn down the temperature of your hot water heater to 120°.
- Have your oil-fired heating system serviced annually or your gas-fired

heating system serviced every three years.

- Clean or replace furnace filters every other month.
- Keep the fireplace flue damper closed unless a fire is burning.
- Check that warm-air registers, baseboard heaters, and radiators are not blocked by furniture or drapes.
- During the winter heating season, close your curtains and shades at night; open them during the day.

Glossary

The Climate Crisis	The urgent and escalating global environmental challenge characterized by significant and adverse changes in climate patterns. It is primarily driven by human activities, such as the burning of fossil fuels, deforestation, and industrial processes, leading to increased concentrations of greenhouse gasses in the atmosphere and resulting in long-term changes in temperature, weather patterns, and sea levels.
Energy Burden	Energy Burden is the proportion of a household's income that is spent on energy-related expenses, including electricity, heating, and cooling. A high energy burden indicates that a significant portion of a household's income is allocated to meeting energy needs, potentially leading to financial strain.
Energy Efficiency	Energy Efficiency refers to the use of less energy to provide the same level of performance or output. It involves adopting technologies, practices, and systems that minimize energy waste and enhance the overall effectiveness of energy use, contributing to reduced energy consumption and environmental impact.
Greenhouse Gasses	Greenhouse Gasses are atmospheric gasses that trap heat, leading to the greenhouse effect and the warming of the Earth's surface. Common greenhouse gasses include carbon dioxide (CO ₂), methane (CH ₄), nitrous oxide (N ₂ O), and fluorinated gasses. Human activities, such as burning fossil fuels and deforestation, significantly contribute to the increased concentrations of these gasses, contributing to climate change.
Inflation Reduction Act	The Inflation Reduction Act is a legislative measure designed to address and mitigate the impacts of inflation on the economy. It may include policies and strategies aimed at controlling inflation, stabilizing prices, and promoting economic growth while minimizing adverse effects on consumers and businesses.
Phantom Loads	Phantom loads refer to the energy consumed by devices when they are off or in standby mode.
Rebate	A Rebate is a partial refund or discount on a product or service. In the context of energy, rebates are often provided by governments or utility companies to incentivize individuals or businesses to adopt energy-efficient technologies or practices. These financial incentives help offset the initial costs of implementing energy-efficient measures.
Weatherization	Weatherization involves making structural and operational improvements to a building or home to enhance its resistance to the impacts of weather conditions. This may include insulation, sealing gaps and cracks, upgrading

windows and doors, and other measures aimed at improving energy efficiency and reducing energy consumption for heating and cooling. Weatherization initiatives contribute to both cost savings for individuals and a reduction in overall energy demand.