



Saving Energy

Changing habits at home to save energy and money

Greening your life



Identifying **energy vampires**, installing **Energy Star appliances** and taking other simple steps will lower your carbon footprint and save money.

Five steps: Get Started with Saving Energy

1 FIND THE ENERGY VAMPIRES (PHANTOM LOADS)

Look into how much energy your appliances waste while in standby mode. One way to do this is to use a Kill A Watt meter to help you identify what appliances are using the most electricity. Turn off your most wasteful appliances by plugging them into a "smart" power strip. This device is great for computer and home entertainment systems, as it senses when your TV or computer has been turned off and automatically turns off your peripheral devices (speakers, printer, and monitor, VCR).

2 PURCHASE ENERGY STAR APPLIANCES

If looking for new household products, look for ones that have earned the **Energy Star** rating, which meet strict energy efficiency guidelines set by the U.S. Environmental Protection Agency and Department of Energy **energystar.gov** When making larger improvements to your home, Energy Star offers tools and resources including advice on insulation, heating and cooling, common home problems and appliance replacement recommendations.

3 SET YOUR COMPUTER TO POWER SAVE MODE OR TURN IT OFF

Power save mode will make your screen go dark if you have not touched it in a while. Your computer is still ready to use with just a click of the mouse. **Windows 7/8:** Go to the Control Panel under the Start Menu and select Hardware and Sound, Power Options. Select Power Saver. Under "Change Plan Settings" you can select how long you would like your monitor to idle before power-save mode. **Mac:** Click on the Apple icon at the top of your screen and select System Preferences. Click the Energy Saver icon. Use the slider to set idle time.

4 AVOID OVERHEATING OR OVERCOOLING THE HOME

Set the furnace thermostat down 3 to 5°F and the air conditioner thermostat up 5°F. Lowering the temperature 3 to 5°F can save you up to 20% on heating costs, and raising the temperature 5°F can save you up to 10% on air conditioning costs. Control heat and cooling losses by closing doors and windows when the air conditioner or heater is running.

5 USE YOUR WATER WISELY

As much as 19% of California electricity is used to pump, transport and treat water. Ultra-low-flush toilets use about 20,000 gallons less water annually than older models. Low-flow shower heads and faucet aerators can reduce home water consumption by as much as 50%. Turn off the "heat dry" setting on the dishwasher, and wash your clothes in cold water. Running appliances during off-peak hours also reduces statewide peak energy demand which makes state energy planning easier.

Additional home conservation resources

Conservation saves energy by changing attitudes and behaviors to stop wasteful activities. While inventing and installing more energy efficient technologies is extremely important, conservation is free and can lead to serious energy and dollar savings. Here are some simple steps to get you started.

ENERGY STAR APPLIANCES



Energy Star is a joint program of the U.S. Environmental Protection Agency and U.S. Department of Energy to help save money and protect the environment through energy-efficient practices. Energy-efficient choices can save families about a third of their energy bill without sacrificing features,

style or comfort. Energy Star appliances range from refrigerators and electronics to home heating and cooling equipment. Over its lifetime, Energy Star-qualified equipment in a single home office (e.g., computer, monitor, printer, and fax) can save enough electricity to light an entire home for more than 4 years.

COMPUTER ENERGY SAVINGS

Should you turn your computer off or just let it "hibernate"? The U.S. Department of Energy Efficiency and Renewable Energy recommends turning off the monitor if you are not going to use your computer for more than 20 minutes and turning off the entire system if you are not going to use your computer for 2 hours.

It is important to set your computer to power-save mode. Energy Star computers in power-save mode use 15 watts, which is 70% less electricity than a computer without energy saving features.

The U.S. EPA estimates that over 11 billion kilowatt-hours (kWh) could be saved through computer monitor power management. That's enough energy to power over one million households for a year, and carbon dioxide reductions equivalent to preventing the emissions from 1.5 million cars or planting 2.5 million acres of trees.

According to the U.S. Department of Energy, 75% of the electricity used to power home electronic equipment is consumed while the products are turned off. Receivers for televisions and VCRs, for example, **use almost as much electricity when they are switched off as when they are on**, and any small appliance with a timer, clock, memory or remote on/off switch uses energy just by being plugged into an outlet.



EXAMPLES OF HOUSEHOLD ENERGY VAMPIRES

APPLIANCE	AVERAGE WATTS
Computer, desktop	
On, idle	74
Sleep	21
Off	3
Computer, laptop	
On, charging	44
Sleep	16
Off	9
DVD/DVR Player	
On, playing	15
On, not playing	14
Off	5
Microwave Oven	
Cooking	1433
Ready, door open	26
Ready, door closed	3



Community Environmental Council

26 West Anapamu Street
Santa Barbara, CA 93101
805.963.0583
cecsb.org