

# 85 Ways To Save Money and Energy

- Boil water in a kettle or covered as the water will come to a boil faster and use less energy.
- Keep range-top burners and reflectors clean. They will reflect heat better and you will save energy.
- Match the size of the pan to the heating element. More heat will get to the pan, and less will be lost to the surrounding air.
- Get in the habit of turning off the elements or surface units on your electric stove several minutes before completing the allotted cooking time. The heating element will stay hot long enough to finish the cooking without wasting electricity.
- Turn off oven five to 10 minutes before cooking time is up and let trapped heat finish the cooking.
- Avoid opening the oven door repeatedly to check food that is cooking. This allows heat to escape and results in the use of more energy to complete the cooking of your food. Instead watch the clock or use a timer.
- Use small electric cooking appliances for small meals rather than the kitchen range or oven.
- Don't preheat the oven unless absolutely necessary and then for no more than 10 minutes.
- Use pressure cookers and microwave ovens if you have them. They save energy by reducing cooking times.
- Avoid using the broiler. It is a big energy user.
- Thaw frozen foods before cooking. It will save time and energy

## DISHWASHING

- When buying a dishwasher, look for an energyefficient model with air power and/or overnight dry setting. These features automatically turn off the dishwasher after the rinse cycle. This can save you up to 10 percent of your dishwashing energy costs.
- Scrape dishes and rinse with cold water from the faucet before loading them into the dishwasher. Avoid using the dishwasher's pre-rinse cycle.
- Be sure your dishwasher is full but not overloaded when you turn it on.
- Don't use the "rinse-hold" on your machine for just a few soiled dishes. It uses three to seven gallons of hot water each time you use it.

## REFRIGERATOR/FREEZER

- Set the refrigerator thermostat at 38 degrees F for fresh food compartments and 5 degrees F for freezer compartment. Separate freezers for longterm storage should be kept at zero degrees F. Open the refrigerator or freezer door only when necessary and don't hold it open any longer than

necessary.

- Regularly defrost manual-defrost refrigerators and freezers. Frost buildup increases the amount of energy needed to keep the refrigerator at its proper temperature. Never allow frost to buildup more than one quarter of an inch.

- Vacuum refrigerator coils at least every three months. The dirt build-up makes the refrigerator use more energy to keep contents cool.

- If possible, don't place your refrigerator or freezer in direct sunlight or near the stove.

- Make sure your refrigerator door seals airtight. Test them by closing the door on a piece of paper or dollar bill so it is half in and half out of the refrigerator. If you can pull the paper or dollar out easily, the hinge may need adjusting or the seal may need replacing.

## LAUNDRY

- Wash clothes in warm or cold water. Rinse in cold water.

- Fill washers and clothes dryers but do not overload them.

- Clean the lint screen after each load of laundry and check the exhaust regularly. A lint screen in need of cleaning and a clogged exhaust can lengthen drying time and increase the amount of energy used.

- Save energy by using a clothesline. Doing so can make clothes seem fresher and dryer than those emerging from a dryer.

- Place a dry towel in the dryer with each load of wet clothes to absorb dampness and reduce drying time.

- Remove from the dryer and hang clothes that will need ironing while they are still damp.

- Save energy needed for ironing by hanging clothes in the bathroom while you're bathing or shower. By doing so you can steam some wrinkles out and cut down on ironing time.

- Avoid piecemeal ironing. If possible, iron a large load of clothes at a time.

## BATHROOM ENERGY SAVERS

- Take showers rather than tub baths, but limit both your showering time and the water flow if you want to save energy.

- Install a water-flow controller in the pipe at the showerhead. This saves a considerable amount of hot water and the energy used to produce it.

- Install an aerator in the bathroom sink.

- Don't let water run while shaving. This wastes hot water and the energy used to heat it.

- Repair leaky faucets immediately.

## LIGHTING

- Use compact fluorescent bulbs. They produce about three to four times as much light per watt as incandescent bulbs. While compact fluorescents are initially more expensive, they last up to 10 times longer.

- Halogen bulbs are another energy efficient choice for indoor and outdoor lighting. They use about 25 percent less energy than traditional incandescent and produce an intense white light making them

ideal for spot, flood, and security lighting.

Halogen torchieres, however, can pose a fire hazard due to the high temperatures produced by these bulbs.

- Turn off lights in any room not being used, even if your absence will only be momentary.
- When using incandescent bulbs, use the lowest wattage possible or convenient. In many cases a lower wattage bulb can be substituted for the one currently being used.
- Light-zone your house and save electricity. Concentrate lighting in reading and work areas, and where it's needed for safety such as in stairwells. Reduce lighting in other areas, but avoid very sharp contrasts.
- Consider installing solid-state dimmers. They make it easy to save energy by reducing the lighting intensity in a room.
- Purchase holiday light strings that feature LEDs or light-emitting diodes. LED lights use 90 percent less energy than standard incandescent bulbs.
- Use one large bulb instead of several small ones in areas where bright light is needed.
- Turn on outdoor lights only when needed.
- Use timers, motion detectors, heat sensors or photocell controls for light fixtures when possible.

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