

SOUTHEAST AREA EXTENSION SAYS

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Saving Energy—Saving Money

Reducing energy use is a great way to also save money. There are many easy and inexpensive ways to conserve energy in your home, and keep money in your pocket. Keeping your thermostat at energy efficient, yet comfortable, temperatures is the easiest way to cut down energy costs. For the winter, a recommended temperature is 68 F during the day and 60 F when you are sleeping or away. You can save about 1 percent for every degree you lower your thermostat. If you feel chilly, try putting on a jacket or using a blanket while watching TV. Develop the habit of turning the thermostat down when you leave if you don't have a programmable thermostat. Use window treatments to block the summer heat and winter cold. Replace filters in your heater or air conditioner units once a month.

Other ideas to reduce energy use include lowering your water temperature, insulating your water heater, plugging leaks, installing storm windows, washing with cold water, maintaining appliances, and using compact fluorescent lamps. Turn off lights and fans when you leave a room. Use a low-flow showerhead, and take short showers. Minimize time the refrigerator door is open. Unplug appliances and electronics when not in use. Use the dishwasher only when it is full. Hang clothes to dry rather than using the dryer. Keep refrigerator coils clean.

All of these will help lower your energy bills, and conserve natural resources.

For more information on energy conservation, contact your local Extension

Office: Baca County 719-523-6971, Bent County 719-456-0764, Cheyenne



**Southeast Area
*Extension***

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Bent County

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County 719-254-7608, Prowers County 719-336-7734. Or find us on the web at:
<http://www.extension.colostate.edu/SEA>.

CSU Extension offers up-to-date, unbiased, research-based information to families in Southeast
Colorado. CSU Extension programs are available to all without discrimination.

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