

### 30 MOSTLY FREE THINGS YOU CAN DO TO PUT GREEN IN YOUR WALLET:

- 1) Clean or replace air filters during the heating and cooling seasons once a month.
- 2) Keep heat generating appliances like televisions, refrigerators, and lamps, etc, away from the thermostat. This heat can interfere with the proper function of the thermostat.
- 3) Try to keep the thermostat at 60 degrees in the winter and 78 degrees in the summer.
- 4) Lowering your thermostat won't cool any faster and may cause more cooling than desired.
- 5) When heating, gradually increase the thermostat setting to avoid activating the heat strips, which use huge amounts of electricity.
- 6) When possible, turn down the thermostat 10 or more degrees at night or when away from home for more than 2 hours or use a programmable thermostat.
- 7) During the winter, open all south facing window coverings on sunny days and close all window coverings at night to hold in the heat.
- 8) Make sure heating air supply registers are not blocked and are open.
- 9) Use kitchen and bathroom fans to remove moisture and shut them off so they don't suck out the air conditioned air.
- 10) In the spring and fall, use natural ventilation such as open windows.
- 11) In summer use window shading to help cool the home. Outside window shading screens, shade trees, indoor curtains and blinds.
- 12) Trees that lose their leaves in the fall save energy for heating and cooling blocking the heat of the sun in summer, and allowing winter sun to heat.
- 13) Turn off the lights and fans in rooms you are not using.
- 14) Take advantage of daylight, paint rooms white to reflect more light.
- 15) Use efficient compact fluorescent lamps or LEDs.
- 16) Clean electrical lamps and lenses every 6 months to 12 months, but never an incandescent bulb. The hot bulb may shatter.
- 17) Clean the coils on refrigerators and freezers at least once a year with a SOFT brush and/or vacuum.
- 18) Make sure your refrigerator door seals are airtight. Close the door over a piece of paper so it is half in and half out of the door. If you can pull the paper out easily, the latch may need adjustment or the seal may need replacement.
- 19) Allow hot items to cool before putting them in the refrigerator.
- 20) Don't set your refrigerator temperature too low.
- 21) Cover liquids, and wrap foods placed in the refrigerator.
- 22) Don't hold refrigerator door open.
- 23) Keep your refrigerator out of direct sunlight.
- 24) Consider using a Solar Oven and cook outside in summer
- 25) Cover the pots on the stove. It's faster and it uses less energy. Once boiling, turn it down to the lowest setting that boils and steam vegetables with as little water as possible in a covered pot. Microwave vegetables and retain 10 times the vitamins.
- 26) Plug TVs, stereos, chargers, hair dryers, computers, etc into a power strip, and turn the strip off when not in use.
- 27) Dry on a clothes line, so the dryer won't suck out the air conditioned air, then place in the dryer with a fabric softener sheet for 5 minutes to soften.
- 28) Install flow restrictors on faucets and shower heads and turn off the shower when shampooing and then rinse.
- 29) Collect rain water from metal roofs.
- 30) Plant vegetables and fruits in your garden. Use sheep or other herbivore to mow the lawn. Ha, Ha, Baa, Baa. – Better, cut down on the amount of turf grass so that you mow less!

**SAFETY:** If you have a gas appliance make sure you have a working **LOW LEVEL CARBON MONOXIDE** detector and a smoke alarm. CARBON MONOXIDE is especially dangerous for pregnant women and young children. Have your home tested for GAS LEAKS and carbon monoxide from all gas appliances. Test your home, dishes, and glasses for LEAD, especially if you have children. Test your home for RADON gas.

**UPGRADE YOUR HOME AND PUT GREEN IN YOUR WALLET: Call Craig McManus Alabama Energy Doctors at 334-828-1024 for a FREE ENERGY CONSULTATION.**

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