

Free and Easy! Mostly free tips to help make Berkeley a Greener Environment

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The average home spends about \$1,900 a year on energy costs. But you can lower your energy bills and help save the environment at the same time! Cutting back unnecessary energy use is an easy way to reduce energy consumption while saving money. Here are some suggestions you can do at home, at very little or no cost to you.



Lighting and Electronics

Replace standard incandescent light bulbs with compact fluorescent light bulbs (CFLs) and save on lighting costs. *If all Californians replaced five bulbs with CFLs, it would be like taking 275,000 cars off the road.*

- Turn off unnecessary lighting and use task or desktop lamps with CFLs instead of overhead lights.
- Unplug electronics, battery chargers and other small equipment when not in use. *If all Californians unplugged electronics when not in use, it would be like taking 120,000 cars off road.*
- Use surge protector power strips to switch off televisions, monitors, printers, home theater equipment and stereos when you're not using them. Even when you think these products are off, together, their "standby" consumption can be equivalent to that of a 75 or 100 watt light bulb running continuously.
- Enable the "sleep mode" feature on your computer, allowing it to use less power during periods of inactivity. In Windows, the power management settings are found on your control panel. Mac users, look for energy saving settings under system preferences in the apple menu.



Heating and Insulation

- During the winter, set the thermostat to 68°F when you are home (health permitting) and lower when you are away. *Lowering the temperature 3 to 5°F can save you up to 20% on heating costs.* Adjust your layers of clothing before adjusting the thermostat!
- Replace or clean furnace filters regularly and get a furnace tune-up. Keeping your furnace clean, lubricated and properly adjusted can help you save on heating costs.
- Weather-strip, seal, and caulk leaky doors and windows and install foam gaskets behind outlet covers.
- Use sunlight wisely. During the heating season, leave shades and blinds open on sunny days, but close them at night to reduce the amount of heat lost through windows. Close shades and blinds during the summer

Use your appliances wisely

To help prevent electricity outages, avoid running your appliances during peak hours, -- from 4 p.m. to 6 p.m. -- or anytime an electricity emergency is declared.

Turn your water heater down to 120 or the "normal" setting when home, and to the lowest setting when away. Bundle up your water heater, especially if it's located in an unheated part of the house.

If a family of four replaces their 3.5-gallon-per-flush toilets made before 1994 with a [WaterSense](#)-labeled toilet, they could save \$90 a year and as much as \$2,000 over the toilet's life.

Laundry:

- Do your laundry efficiently by only running the washer when it's full, and by using the warm or cold water setting for washing your clothes. Always use cold water to rinse clothes. About 90% of the energy use in a clothes washer goes to water heating.

If all Californians replaced their inefficient clothes washers with energy-efficient ones, it would be like taking 30,000 cars off the road!

- Line dry clothes whenever you can. (Save up to 5 percent on your energy bill)
- When you need to use the dryer, run full loads, use the moisture-sensing setting, and clean the clothes dryer lint trap after each use.
- Make sure the dryer vent to the outside is clean of lint as well.

Kitchen

- Run the dishwasher only with a full load.
- Surprise! Your dishwasher uses less water than washing dishes by hand. Then let dishes air-dry to save even more!
If Californians replaced their inefficient dishwashers with energy-efficient ones, it would be like taking 62,000 cars off the road!
- Nothing is more energy efficient for cooking than your microwave. It uses two-thirds less energy than your stove.
- Don't preheat or "peek" inside the oven more than necessary. Check the seal on the oven door, and replace it if it's not sealing completely.
- Having lots of food in your fridge keeps it from warming up too fast when the door is open, so your fridge doesn't have to work as hard to stay cool.
- Unplug or recycle that spare refrigerator in the garage if you don't really need it. This can save you up to \$150 per year! And PG&E has a rebate program - www.ApplianceRecycling.com

Think globally, buy locally

- Choosing a product that's harvested or made locally reduces transportation energy use and helps sustain your community's economy.
- When you're through with an item, sell or [Freecycle](#) it rather than throwing it away. "Away" = landfill!

Every Drop Counts!



Since it's a drought year, it's time we all act like we're at summer camp all the time!

- Only turn the water on for rinsing, after you've finished brushing your teeth
- Place a bucket in the shower to collect the water that's used while you're waiting for the shower water to turn warm, and use it for cleaning, or watering plants.
- Turn off the shower whilst soaping up. Taking an 8-minute shower every day can indirectly create as much as 1,368 pounds of CO₂ each year. By reducing your shower time to 6 minutes, you can eliminate 342 pounds of CO₂ from your annual total.
- Cut water use by installing faucet aerators, low-flow shower heads and low-flush or ideally, dual-flush toilets.

As much as 19% of California's electricity is used to pump, transport and treat water.