

Efficiency Vermont's energy saving tips

Now that temperatures are rising and the sun is shining, Efficiency Vermont is helping Vermonters stay cool and lower their energy bills with the following tips:

Open Up. In the cooler evening and early morning hours, open your windows instead of using air conditioning. Use a window fan, blowing toward the outside, to pull cool air in through other windows and to push hot air out. You can also open windows on opposite sides of the house to create cross-ventilation. If you can't create a cross-breeze, use fans to move air through your home.

Adjust Your Schedule. On hot days, delay heat-producing tasks, such as dishwashing, baking, or doing laundry, until the cooler evening hours or early morning.

Seal It. Keep cool air in and hot air out: caulk around window frames, use weather stripping on exterior doors, and have a knowledgeable contractor properly seal leaks between the attic and your living space.

Use Fans. Use the exhaust fan in your range hood to remove hot air from your kitchen while cooking. The savings in your cooling costs far outweigh the electricity use of the fan. Similarly, use a bath fan to remove heat and moisture generated by showers.

Lighten Up. Use compact fluorescent light bulbs (CFLs). Standard incandescent light bulbs lose 90 percent of their energy as heat. CFLs produce less heat and use less electricity.

Shop Smart. When buying air conditioners, choose the smallest ENERGY STAR® qualified unit appropriate for the room you're cooling.

Clean and Maintain. Fill gaps along the sides of your air conditioner to keep the outside air from leaking in. Remember to clean air conditioner filters regularly and keep the front and back of air conditioners unobstructed.

Take Advantage of Warm Days. Summer is a great time to make comprehensive, energy-saving home improvements. Efficiency Vermont-approved Home Performance with ENERGY STAR® contractors can help you save energy, money and stay more comfortable year-round. To learn more, visit www.energycvermont.com/homeperformance.

Efficiency Vermont was created by the Vermont Legislature and the Vermont Public Service Board to help all Vermonters reduce energy costs, strengthen the economy, and protect Vermont's environment. Efficiency Vermont is currently operated by Vermont Energy Investment Corporation (VEIC), an independent organization under contract to the Vermont Public Service Board. VEIC is a Vermont-based nonprofit organization founded in 1986. For more information, contact Efficiency Vermont at 888-921-5990 or visit www.energycvermont.com.

