



# Community Development Department Community Services Division

Des Moines' Community Action Agency

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## Energy Savings Tips

### Set back your thermostat

Set your thermostat at 68 degrees during the day and lower it to 60 degrees at night.

Lowering the temperature 10 degrees for eight hours can save 10% on your energy bills.

- If you are away from home for eight hours a day you may want to consider a programmable thermostat for your home.
- Your health may require a higher indoor temperature if you are elderly, have circulatory problems or are taking certain medications.

### Let the sun shine in

Let the sun warm your home by keep curtains and shades open on sunny days. Close the curtains shades at night.

### Shut and lock windows

Close and lock windows during the heating season. Locking the windows pulls the sash tight together and reduces air infiltration. Put plastic over leaky windows to reduce air infiltration.

### Check your furnace filter

Check your furnace filter once a month. Replace it if it is dirty. A dirty filter stops air from flowing through the furnace. A dirty filter will cause your furnace to work harder raising your utility costs and can reduce the life of your furnace.

### Have your furnace cleaned and checked once a year by a qualified technician

The yearly check may catch problems before they become costly. Dangerous Carbon Monoxide may be detected and repaired before causing health problems.

### Make sure air registers are clean and unblocked by furniture

### Do not use more lights in a room than needed.

Turn lights, TV's and other appliances off when leaving the room.

### Lower the water temperature at your water heater

120 degrees if you don't have a dishwasher and 130 degrees if you do.

Run the dishwasher only when it is full.

### Use warm or cold settings for most loads of laundry.

Clothes will still get clean and you could reduce the energy use by 50%.

### Wash and dry full loads of laundry.

Clean the dryer lint filter with each load.

### Take more showers than baths.

A bath uses 15-25 gallons of hot water. A 5-minute shower uses less than 10 gallons.

### Unplug 2<sup>nd</sup> refrigerators or freezers that are not fully being used.

Old refrigerators and freezers can be very expensive to run.