

# Ten Ways to Help the Environment

## By Reducing Home Energy Use

Energy costs are rising, but you *can* do something...

1. **Turn it off.** It's so simple: when you're not using something, turn it off.
2. **Install compact fluorescent lights.** They fit most light fixtures, provide ample and attractive light, and pay for themselves many times over through energy savings.
3. **Buy Energy Star appliances.** The Energy Star logo ensures that you're buying efficient equipment that will lower your energy costs.
4. **Turn the water heater down to 120°.** Anything above that is wasted heat that you won't use.
5. **Wash your clothes with cold water.** They'll get just as clean without the extra energy expense.
6. **Take short showers.** Since you presumably like your showers hot, make them hot and short.
7. **Keep your refrigerator coils clean.** Don't make your refrigerator work harder than it has to.
8. **Weatherize your house.** Weatherstripping prevents hot and cold air from leaking out of the house. If it's not time to invest in insulating windows and doors, use storm windows and doors.
9. **Use window shading.** Let the sun in when you need heat. Block the sun to keep it cool. Use shading to help insulate your windows when it's cold.
10. **Drive less.** Walk, bike, carpool, and use public transit when it's available.

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