







Take showers instead of baths to use less water.

On nice days, open a window for cool, fresh air instead of using air conditioning.





Place extra blankets on bed to stay warm instead of turning up the heat.

Keep the cold air in by closing the refrigerator door tightly. Do not linger with the door open.



On hot days, bake in the morning or evening.

Run the washing machine and dishwasher at night to avoid peak energy times.











Shut off water while brushing your teeth, and turn it back on to rinse.

Keep shades down or curtains closed to keep the sun out on hot days.

Turn off computers, TVs, and video games when not in use.

Turn off lights when you leave the room.

Make sure thermostat on water heater is turned down to 120° Fahrenheit. This will save energy and prevent scalding.