



NEW YORK STATE SENATOR

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Saving Energy, Saving Money: Energy Tips for Residents in the 7th Senate District

JACK M. MARTINS December 28, 2010



Don't be left out in the cold with high heating bills:

Lower the thermostat

- For every one degree you set back your thermostat, you can save 1 to 3 percent on your annual heating bill.
- Turn down your thermostat when you leave your house for two or more hours. It takes less energy to warm a cool house than to maintain a higher temperature all day and night.
- An automatic setback thermostat can cut heating costs by raising and lowering the temperature at preset times.

Keep out the cold

- Check for insulation in your attic, walls, ceiling and floors, and install more if possible.

- Inexpensive weather-stripping around doors and windows can stop cold drafts.
- Replace cracked windows and use easy-to-install storm window kits to keep out breezes.
- Close your curtains at night to keep warm air inside.

Conserve energy

- Turn off lights in empty rooms.
- Shut off heat to unused rooms.
- Run major appliances (washers, dryers, dishwashers, pool motors) before 10 a.m. and after 9 p.m.
- Look for the ENERGY STAR label when shopping for appliances to assure the most energy efficient products.
- If your furnace is over 10 years old, replace it with an ENERGY STAR approved unit to save up to 30% in energy costs.