



Make An Impact

Energy Efficient Bulbs

Replace conventional bulbs with compact fluorescent bulbs. If you're not sure which is which, just ask!

Crank it Down

Lower your thermostat to 74 degrees in the summer. When no one is home, turn the air conditioning off unless you have pets. Try to keep it at 68 degrees in the winter. Lower your water heater thermostat to 120 degrees.

Keep it Clean

Change your air filters and clean your furnace monthly.



Quick Tips

Turn it Off

Turn off your television, computer, stereo, and other electronics when you're not using them. Turn off the lights when you leave a room.

Wash & Dry

Wash only full loads of dishes and laundry. Air dry dishes instead of using your dishwasher's heated dry cycle. Use cold water instead of hot when you do laundry.

Keep it Cool

Keep your rooms and house cool in the summer by shutting the curtains before you leave home.

Seasonal Dress

Dress lightly in the summer and warmly in the winter instead of adjusting and readjusting your thermostat.

Brick it to Save it

Add a brick to the water tank of your toilet to raise the water level, and decrease the amount of water flushed with each use. Fix leaky toilets or faucets as soon as you can.

Your Benefits

Your Lights

Replacing just one conventional light bulb with a compact fluorescent bulb would save enough energy to light 3 million homes.

Your Thermostat

Increasing your thermostat's temperature in summer and lowering it in winter can save you up to 10 percent on your monthly utility bill.

Your Water Heater

For every 10 degrees you lower your water heater temperature, you save 3-5 percent in energy costs.



Background



Most of the electricity Americans use is for homes and offices



Over half of the energy used in a typical home is for heating and cooling



Over half of electricity is made by burning coal which adds to air pollution



A compact fluorescent bulb (CFB) saves \$35-40 over its lifetime compared to an incandescent bulb



A new solar hot water heater usually pays for itself in five years



Wind power from seven states could supply all of America's electricity needs



A dripping faucet can waste 20 gallons of water per day, and a leaky toilet up to 200 gallons.

Sponsored By:



FloridaMedical
ASSOCIATION

P.O. Box 10269 | Tallahassee, FL | 32302
1430 Piedmont Dr. E. | Tallahassee, FL | 32308



Elizabeth Cuvelier

UNF MPH Candidate
Health Education and
Promotion Strategies

Learn More

www.energysavers.gov/
www.epa.gov/greenhomes/



Save Energy and Money

ENERGY Conservation

Take It Home

