



Back To School - Energy Saving Tips For Your Home

Electrical energy conservation is an important topic to discuss. Being more conservative saves homeowners money while making households more Eco-friendly.

Back to school is a great time to start planning ways to better use and conserve energy. This adjustment in everyone's schedule and lifestyle is the ideal time to implement voluntary changes that will make a home more energy-efficient.

Some ideas to use for conserving energy are:

- **Adjust Your Thermostat Accordingly** - Now that there are fewer bodies in the home heating it up at the end of summer, you probably don't need as much AC. If no one will be in the home during the day, you can really make some adjustments. Each degree the thermostat is raised during warm weather can save as much as 8% in cooling costs.
- **Get Off The Gadgets** - Keep the kids busy after school and with something other than electronic gadgets or the TV. Get some outdoor recreation time each day. This will not only conserve energy, physical activity is a great way to naturally burn off energy, stay healthy and get drained in order to have more restful sleep.
- **Saving Energy In The Kitchen** - Without kids around to keep opening and closing the refrigerator door, this will already be a great way to start conserving energy. However, this is still an opportunity to learn more conservation tricks. When making kids' lunches, plan ahead so that you only have to open the fridge once to retrieve items and once to quickly put it all away. When the time comes to distribute lunches in the morning, grab everyone's at the same time.
- **Unplug** - Take this opportunity to unplug devices the kids use all summer but that will probably go untouched, except maybe on weekends. This energy consumption of devices that are plugged in but not being used is referred to as vampire energy and it wastes more than homeowners realize.

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