50 ways to reduce energy use



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This article explores simple yet effective energy conservation techniques tailored specifically for seniors, including fatigue management (ways to reduce tiredness) and activity planning. From prioritizing tasks to using helpful tools, these strategies aim to help...

According to energystar.gov, folks saved upwards of \$30 million on their utility bills and helped to reduce greenhouse gases by using Energy Star-rated products. These super-efficient products include CFL and LED light bulbs, household appliances, building materials such as windows and doors and HVAC equipment, among many others.

Thanks to new, more efficient (and often affordable) tech, it's easier than ever to get more out of your home while conserving electricity and other fuels, shrinking your utility bills, and reducing your environmental impact. Here are some of the lowest-hanging fruit you can start picking off in your home.

CFL bulbs will provide 10,000 hours of light and use \$10.40 of electricity (at eight cents per kilowatt hour). To get the same output with incandescents, you would have to use seven bulbs, which would cost less up front, but the electricity would cost \$48. Check out our guide to CFLs so you know what you're getting into.

Install smarter switches and save up to \$100 a year. Motion sensors are the perfect solution for left-on lights. They turn off automatically so you don't waste electricity. Motion sensors are great for home security but do you know the secrets a home security installer won't tell you?

Caulking windows is one of the most cost-effective ways to reduce your heating bills. But how do you know where to start? Here are the top three things you should do to seal your windows for winter.

Small air leaks into uninsulated attic space are a major source of heat loss in many homes. Here's how to locate the leak spots and plug them without spending a lot of money.

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The average household spends \$2,000 each year on energy bills. Energy Star says that appliances bearing its label can cut those bills by 30 percent, for an annual savings of about \$600. But you don"t have to replace everything to see a savings. Just replacing an eight-year-old refrigerator with a new Energy Star model can save \$110 a year or more in electricity.



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Not only is switching to Energy Star products one of the best frugal living tips, but it also allows you take advantage of their energy savings and may qualify you for the Residential Renewable Energy Tax Credit.

If you want to save money by setting back your thermostat at night, use a two-stage thermostat on a two-stage furnace. Learn how to save money with a high-tech thermostat.

Leaky, uninsulated ducts in crawl spaces and attics waste huge amounts of energy and money. Use duct wrap insulation for a quick fix with a big, immediate payoff. Learn how to insulate crawl space ducts.

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