

TIP SHEET FOR RELATIVES AS PARENTS

ENERGY SAVING TIPS

We are all aware of the cost of oil and gas nowadays. Not only does the cost directly impact heating our homes and running our cars, but it also impacts us in other ways—the cost of food for instance has increased due to increased transportation costs. Below are some tips to help save energy.

According to the website, www.keepmewarm.org, here are some real money savers.

After each tip is the website's estimate of how much money you might save by making the change:

- Close storm windows and use drapes and shades at night to conserve heat. *Saves \$229 per year.*
- Close flue dampers on your fireplace. *Saves \$227 per year.*
- Install faucet flow restrictors and low-flow showerheads. *Cost: \$10-\$50. Saves \$194 per year.*
- Tune up your heating system. *Cost: \$80 per hour plus parts if needed Saves \$190 per year.*
- Insulate, caulk, and weather-strip your home. *Cost: Window kit \$2-\$12 per window; Weather-stripping about \$6 for a 10 foot roll; Caulk: \$3-\$12 per tube. Saves \$187 per year.*
- Remove and vacuum your furnace filter every month. *Saves \$141 per year.*
- Close and reduce heat in unoccupied areas. *Saves \$130 per year.*
- Replace incandescent bulbs with the new fluorescent ones. *Cost: \$7 for a four pack of 60 watt bulbs. Saves \$308 over the life of the bulbs*
- Set your thermostat back. *Saves \$77 for every degree set back.*
- Insulate heat pipes and duct work. *Cost: \$2-\$10 per 6' rubber pipe insulation; \$3-\$5 for a 25' roll of fiberglass wrap. Saves between \$2 - \$4 per foot.*

Here are some ideas for conserving gas from www.gomaine.org:

- Accelerate slowly. Avoid sudden stops and starts. It takes three times more fuel to get up to cruising speed than to maintain it.
- Watch your speed. For every 5 mph over 60 you reduce, you save 7%.
- An idling car consumes up to one gallon of gas per hour. Turn your car off while waiting.
- Change your oil according to manufacturer guidelines. Change filters as needed and check for oil leaks.
- Low tire pressure causes “drag”, which wastes gas. Make sure your tires are properly inflated.
- Plan ahead. Combine several errands into one trip and save.
- Consider walking, riding the bus, and carpooling as alternative modes of transportation.

Some resources to help winterize your home include your local community action program, the websites listed above, and your local town assistance program. Help may also be found by dialing 211, or by visiting www.211maine.org.

Another great program is www.rebuildingtogether.org. Although they do not focus on weatherization, the volunteers do home repairs such as fixing roofs and windows, free of charge. The areas they serve are greater Portland, Lewiston/Auburn, and Lincoln County. Most of the homeowners they help are low-income families, the elderly, and/or people with disabilities.

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