This room-by-room checklist puts the power to use less in your hands. Challenge yourself: How many of these no-cost or low-cost options can you implement this month? Make a plan and a budget for some of the more time- and labor-intensive upgrades.

**IN EVERY ROOM**

- **Lighting**
  - Change incandescent light bulbs to CFLs or LEDs
  - Use only CFLs or LEDs designated dimmable bulbs in dimmable fixtures
  - Use occupancy sensors and timers
  - Replace several small bulbs with one large bulb
  - Decorate wall surfaces with light, reflective colors
  - Keep fixtures and covers clean

- **Vampire appliances**
  - Unplug when not in use and especially when you’re on vacation

- **Electronics**
  - Put all electronics on a Smart Strip; turn off when not in use
  - Turn off your computers overnight
  - Put entertainment equipment (TV, DVD player, speakers, game stations, etc.) on Smart Strips.

- **Electric heaters**
  - Limit use. One 1,200-watt electric heater costs 28¢ per hour to run.

**KITCHEN**

- **Dishwasher**
  - Scrape off food instead of rinsing
  - Wash full loads
  - Wash with energy-saver cycle
  - Dry with “no heat” cycle

**BEDROOM**

- **Heated water bed**
  - Place 1½” to 2” foam pad on top
  - Cover with heavy quilt
  - Insulate sides and bottom

**BATHROOM**

- **Electric range**
  - Fit pans to burner size
  - Use lids on pans to retain heat
  - Use small appliances, like a crock pot or microwave
  - Pre-heat oven only five minutes

- **Refrigerator**
  - Keep 3/4 to 7/8 full for efficiency
  - Set refrigerator temperature at +34° to +38° / Freezer 0° to +5°
  - Clean coils every three months
  - Locate away from heat sources
  - Replace with Energy Star model
  - Get rid of the 2nd fridge in the garage used to chill a single six pack

- **Freezer**
  - Defrost whenever ¼” ice builds up
  - Set thermostat 0° to +5°F
  - Keep freezer at least ¾ full

**UTILITY ROOM**

- **Electric water heater/storage tank**
  - Set water heater to 120° to 130°F
  - Wrap water heater and pipes
  - Flush sediment regularly
  - Install a timer
  - Use tempering tank
  - Turn off at the breaker if you’ll be away for more than four days

**MAJOR APPLIANCES**

- **Electric dryer**
  - Dry full loads
  - Do multiple loads at a time
  - Clean lint screen frequently
  - Choose moisture-sensor model
  - Air dry when possible

- **Washing machine**
  - Wash with cold water
  - Pre-soak heavily soiled loads

**EXTERIOR**

- **Yard light**
  - Use high-pressure sodium bulbs
  - Install photocell motion detectors

- **Primary headbolt**
  - Well-maintained vehicles need only two to three hours of preheating
  - Install a timer or switched outlet
  - Match heater to vehicle size

- **Heat tape**
  - Reduce wattage if cold water initially comes out warm
  - Be sure to unplug/turn off heat tape when the weather warms

**BEYOND ELECTRICITY**

- Insulate and weatherize your home
- Install a setback thermostat and program it
- Block drafts with foam gaskets on exterior wall outlets and switches
- Consider purchasing a more fuel-efficient vehicle

**ADDITIONAL RESOURCES**

- Cold Climate Housing Research Center
  (907) 457-3454 – www.cchrc.org
- Alaska Cooperative Extension Service
  (907) 474-7201
  www.alaska.edu/uaf/ces
- GVEA
  (907) 452-1151 • www.gvea.com