

SAVING ENERGY IN EVERY ROOM OF THE HOUSE

As we all spend more time at home to prevent the spread of COVID-19, you may be wondering about increased electricity costs. The good news is there are ways to keep your electricity bill under control. Here are a few to keep in mind around the house.

KITCHEN

- Limit opening the fridge. Every time you open the fridge, it has to work harder to cool things back down.
- Don't set the refrigerator colder than necessary. Between 37-40°F is best for the fridge, and 0-5°F for the freezer.
- Use this time to get creative with small appliances, like slow and pressure cookers, toaster ovens, or even the microwave. These use significantly less energy than a stove/oven, and often cook your meals a lot faster!
- Don't peek in the oven unless it's necessary. Every time you peek, the temperature drops 25°F and the oven uses twice the energy to reheat.
- Only run the dishwasher with full loads of dishes.
- Unplug appliances that are not being used. Even when they're off, they still drain energy if plugged in.
- Use a lid when cooking food or boiling water.



BEDROOM

- While you can, take advantage of the tradewinds or fans over air conditioning to cool down.
- If AC is necessary, use the timer function so you're not using it more than you need, especially overnight. Bonus points if you are using an ENERGY STAR® certified model!
- Don't leave your phone plugged in overnight. It only takes a few hours to charge.



BATHROOM

- Shorten your showers to 5 minutes or less. Not only will you reduce your energy bill, you'll save on your water bill too!
- Use a high-efficiency shower head – it's a good way to use less hot water without sacrificing on comfort. Look for the WaterSense® label when you shop!
- Add aerators to your sink faucets.
- Check your lighting – vanity mirrors and overhead lighting in the bathroom often get overlooked as places to save money with LEDs.



HOME OFFICE

- Set your computer for energy savings by checking your sleep and standby settings.
- Minimize your gadgets and unplug everything you're not using.
- Open blinds and use natural light when possible.



GARAGE

- If a second fridge or freezer is necessary, make sure it's ENERGY STAR®.
- Set your water heater to 120°F. Any hotter is a waste of energy.



LAUNDRY ROOM

- Wash full loads of clothes in cold water.
- Hang dry your laundry. You can do this even in a small space with foldable racks! If a dryer is necessary, make sure it is ENERGY STAR® certified.



LIVING ROOM

- Enable energy-saving modes for your electronics such as your TV and your video game console.
- Use fans and open windows to create a cross-breeze. If you have to run AC, make sure your windows and doors are closed.
- Use advanced power strips to shut off power to outlets when electronics aren't in use.
- Don't use game consoles to stream your TV shows. They can use up to 15x more energy than digital media players such as Roku and Apple TV.
- Switch to LED lights. They are 5x more efficient and last 25x longer than incandescent bulbs.



For more information on saving energy in your home, visit hawaiienergy.com/tips



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