

# HOW TO INSTANTLY REDUCE TYPICAL HOUSEHOLD ENERGY CONSUMPTION

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## How to Instantly Reduce Typical Household Energy Consumption Report

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Many people realize the importance of making your home more energy and cost efficient.

Unfortunately, they are often put off the idea because they think that it will cost more money to implement those energy saving techniques, than actually benefit from the savings they promise.

This isn't necessarily true.



In fact, when you do it properly, it's really hard to make it more expensive than it already is. I promise that you'll find yourself saving money without even spending a penny.

*My 7-Part report will show you a few important tips...*

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Don't think that your efforts are not important, and that whatever you do won't make much difference.

It's amazing how things add up.

In ancient China, Lao Tzu once said:

*"A journey of 1,000 miles begins with a single step."*

Your one small step - the beginning of making your home more energy efficient - will easily grow to become a powerful lifelong habit.

The money you save making those little steps is the money that stays in your pocket.

For this simple reason I have no doubt that you will benefit from my report and thoroughly enjoy it at the same time.



It's obvious that you would love to make your home more cost and energy efficient, but you do not want to spend more money doing it.

*No one does!*

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You'd like to know how to maximize your efforts without wasting both resources and money.

Maybe you would like to...

- Conserve heat in your home in winter and keep cooler in summer without 24/7 air conditioning.
- Light up your home for a quarter of the cost - or even less
- Save about 25% of your household energy consumption with a proper landscaping design
- Know how to teach your kids to help your home be more energy efficient
- Learn where the energy "drains" in the home are, and how to plug them to save even more
- How to prevent deadly disasters while plugging those "energy drains" and sealing your home to minimize energy loss. There is so much information on the internet concerning home energy savings and nobody even mentions the dangers of it
- ... and many, many more

### ✓ Maximizing Your HVAC System Efficiency

Energy is not just the bill you have to pay each month; it is the foundation of everything you do and the life to everything you have.

But with the increasing cost of energy, it cannot be denied that we need to take important measures to limit our energy consumption. Saving energy becomes a must and a habit that everyone should seriously adapt.

Let us break apart a typical household monthly energy bill (the following are just approximate numbers);

- 43% goes to the heating and cooling systems
- 37% goes to lighting, electronics and other appliances
- 12% goes to heating the water
- 8% goes to the refrigerator

Take note of this power distribution to know where exactly you can maximize your savings.

Since over 40% of your energy bill goes for your heating and cooling systems, let me show you how to maximize your savings here:



- Have your heating and air conditioning system serviced by a known and TRUSTED professional on (at least) a seasonal basis - this will help to lower energy cost and it will keep you safe!

Remember - a TRUSTED professional, ask around - check this post - [furnace inspection](#).

If you have a 15-20+ year old forced air gas furnace, ask for its heat exchanger evaluation! Compromised heat exchangers may lead to Carbon Monoxide Poisoning.

Please check my articles explaining Carbon Monoxide hazards:

⇒ **About Carbon Monoxide:**

<http://www.checkthishouse.com/777/carbon-monoxide.html>

⇒ **Where to Install Carbon Monoxide Alarm / Detector:**

<http://www.checkthishouse.com/4822/where-to-install-carbon-monoxide-alarm-co-detector-locations.html>

⇒ **Carbon Monoxide Alarm / Detector Maintenance and Testing:**

<http://www.checkthishouse.com/5540/carbon-monoxide-alarm-maintenance-co-alarm-testing.html>



- Clean (if they are the cleanable type) or replace your air filters every one to four months - this time span depends on the filter type installed in your forced air HVAC system.

A contaminated air filter blocks air flow and forces the system to work much harder in order to provide the same output. You might have your HVAC system air filter access installed in your attic or crawlspace and you don't even remember that it needs replacement on a regular basis.

Replacing your HVAC system air filter on regular basis can lower your monthly heating / AC bill by up to 25%.

- Clean baseboard heaters, radiators, air ducts, and air registers as often as necessary; make sure that they are working properly. Ensure that they are not blocked by drapes, carpeting, and / or furniture.

If you have furry pets in your home, your cleaning efforts will need to double or even triple.

- Bleed air from the hot water heating system radiators before and during the heating season to maximize their performance. Touch their surface, heat should be distributed evenly.



If they are cold or lukewarm, make sure that their valves are fully open, and if that does not help - bleed the air.

- Always set the thermostat at a comfortable level - do you really need to make a freezer out of your home and wear a sweater during the summer? Are you opening the windows during the winter because it is too hot in your home?
- Make sure the thermostat is free of dust and installed in a strategic location - far from heat sources, door / window openings and ventilation ports.

Utilize programmable type thermostats - they are not much more expensive (some even cheaper) than the regular, old fashioned ones, and they can save you up to \$180 in yearly heating and air conditioning bills.

- Prepare the humidifier(s) before the cold season. Properly operating whole house units that are attached to the central air heating system make your life more comfortable.

By slightly increasing the humidity in your home, you will be able to lower the thermostat temperature, while still feeling comfortable and saving energy at the



same time. However, not every humidifier will save you money - do some research and pick Energy Star rated humidifiers.

I can personally recommend one by Desert Spring, it is extremely energy efficient and performs well in my house - this is going to be its third winter. My second choice would be Steam Whole House Humidifiers.

**Keep the humidity level below 50% to avoid condensation buildup and mold growth – most people are comfortable at a 35%-40% level.**

- Clean the AC condenser and the "A" coil as needed - this will dramatically improve their efficiency, thus lowering your energy bill.
- Make sure that the immediate area surrounding your AC condenser is open - no shrubs, vines, or anything else blocking air movement. Putting a deck over your AC condenser is not a good idea, either.
- If you are planning to upgrade your HVAC system, do some research first. Look for the Energy Star label when choosing your appliance.



All of the above will save you a lot of cash every month and you can do it with little or no money out of your pocket... well, except for a professional servicing your HVAC equipment.

[www.CheckThisHouse.com](http://www.CheckThisHouse.com)

### ✓ **Saving Energy – Using CFLs Gets You 66% Less in Energy Cost**

Let me explain how a \$90 investment can save you up to \$300 per year.

For most homes in developed countries, lighting alone accounts for 9% of the total energy requirement. For other parts of the world, it is far more than that. Thus, using cost-efficient lights can be a huge energy-saver.

By using 66% less energy than the conventional light bulbs, compact fluorescent light bulbs are made to be very efficient. Just by changing the incandescent to the CFLs could reduce electrical consumption to 7%.

When compared to the regular light bulbs, CFLs give the same amount of luminescence for less power. While it does have a higher purchase price than the incandescent, CFLs have a longer lifespan (approximately 12 times than the incandescent light bulbs, about 11,000 hours), enough to save US \$30 in electrical costs during the bulb's lifetime.

One US published article claimed that if a household changes 30 fixtures in their home, investing \$90, the money saved in the span of five years could be anywhere from \$500 to \$1,500 depending on the area's electrical costs.

For commercial buildings and other bigger establishments, the savings are even greater. An average CFL at 75 watts could save \$22 dollars in direct energy

savings per year. If that is multiplied by the number of light bulbs in a building, and include the cost of labor that could be saved from changing light bulbs, the savings could rise exponentially.

*True, there is a capital investment of about \$1 - \$3 USD per fixture; however, that could be recovered in a month from money saved.*

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Some manufacturers of CFLs also apply a titanium dioxide coating. This is because titanium dioxide is claimed to neutralize bacteria, odors, and molds. Still many manufacturers of CFLs apply a luminous coating to the bulb for the purpose of luminescence after the CFL is turned off.

The idea behind is that a little light could still remain, even for a short while, in cases of power failure and accidents.

Because Carbon Fluorescent lamps do not emit as much heat as the incandescent light bulbs, there is also less work for air conditioners in cooling up the space.

*Surely there must be some downsides...*

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- I. CFLs behave differently from the ordinary incandescent bulbs. For one, they take longer to attain their full brightness depending on the

temperature. The colder the climate is, the longer it will take for the bulb to give off full brightness.

CFLs also give off the brightest light during their first use and begin to dull gradually, giving off less light as they near the end of their life; a CFL is expected to reduce its brightness by 20% from the original brightness after its first installation.

2. The second issue - each CFL light bulb contains about 5 mg of mercury, a toxic heavy metal that can cause serious health problems if inhaled or ingested over a period of time or in large enough doses. As a result, they should be recycled properly to make sure they don't end up in landfills.

- Check with your local solid waste disposal program to find out how to recycle compact fluorescent bulbs in your area.

- Check [www.Earth911.org](http://www.Earth911.org) or call 1-800-CLEAN-UP for an automated hotline.

- If a CFL type light bulb breaks in your home, immediately open the windows to disperse any mercury vapor that may escape, carefully sweep up the glass fragments, and wipe the area with a disposable paper towel to remove any remaining fragments.



Do not pick up broken glass with your bare hands and do not use a vacuum cleaner. Use a sealed plastic bag and dispose of the glass with your other household trash.

Saving energy, in almost all conceivable phases of production, is the focus today. The fuel that is currently in use, as we are all aware, is non renewable. This is why even in the field of lighting; continuous research is being done to further reduce the coefficient of energy that has to be saved.

Solid state lighting, for example, is widely used in traffic lights. For now, using this technology to be an energy saving method for domestic consumption is still being developed, as the current cost is still high. Saving energy through the CFLs remains to spell a definite advantage compared with incandescent light bulbs.

Use this Energy Star CFL Purchasing Guide to get the right replacement bulb - [http://www.energystar.gov/ia/products/lighting/cfls/downloads/purchasing\\_checklist.pdf](http://www.energystar.gov/ia/products/lighting/cfls/downloads/purchasing_checklist.pdf)

For any discounts on Energy Star Rated products in your area, check this page - [http://www.energystar.gov/index.cfm?fuseaction=rebate.rebate\\_locator](http://www.energystar.gov/index.cfm?fuseaction=rebate.rebate_locator)

Just type your zip code and a check-mark next to the product you're looking for.

*If you drive a car, this next part of this report is definitely for you...*

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### ✓ Saving Energy While Driving a Car

For those savings we will step out of our home into our secondary home (for some) - a car.

More than two-thirds of the total oil consumption of U.S. goes to transportation – mainly in the form of gasoline. An average American consumes 500 gallons of gas annually. And with the unpredictable cost of fuel and the growing concern for the environment, saving energy by becoming a better driver and keeping your car properly maintained becomes a must. Consider the following tips to increase fuel efficiency and therefore, save energy...

#### *Proper Driving*

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- **Lighten up.** Remove unnecessary things from your car. Extra weight consumes fuel.
- **Avoid idling.** Driving 0 miles per hour doesn't mean that you don't consume fuel. A car engine that is running consumes fuel whether it is moving or not. Do not waste fuel by idling to preheat your engine. Once you start your engine, drive.

- Turn off your engine if you are stuck in traffic for a longer period of time, idling gasoline engines lose over 17% of the fuel's energy. This makes hybrid cars more fuel efficient. Hybrid cars automatically shut off their engine when at full stop, eliminating the fuel consumption caused by idling.
- Park, turn off your engine, and eat inside the restaurant instead of going to a drive thru.
- If your vehicle has a cruise control feature, turn it on whenever possible. Cruise control helps you maintain a constant speed and save gas.
- Drive sensibly. Aggressive driving, abrupt acceleration, speeding, and hard braking lower your fuel efficiency by as much as 33% on the highway and 5% in the city.
- Avoid high speeds. Fuel efficiency drops dramatically when you drive more than 60 mph.

- If you are driving a car with manual transmission, shift to the highest drivable gear. High gear at low speed requires less pressure on the gas pedal compared to low gear at high revolution.
- Calculate your breaking distance. Do not accelerate if you know that you have to slow down or go into full stop right away. Excessive breaking is the result of excessive acceleration. Avoid them both.
- Car air-conditioning systems increase fuel consumption by as much as 15%. Turn it off whenever possible.
- Avoid using the roof rack. Instead, utilize the space in your trunk or the back of your car. Items on your rack produce drag and reduce fuel economy by as much as 5%.
- Maintain the manufacturer's recommended tire pressure.
- If you can afford the cost and the idea, you may consider switching to hybrid cars. Personally, I am very skeptical about them. Although hybrid cars have slightly higher fuel economy than regular gasoline-engine vehicles and a low-emission rating, which helps reduce carbon dioxide emission,

there is an aftermath. The premium is high, batteries use heavy metals, electromagnetic fields are created while driving, battery charging is expensive, battery disposal is environmentally unfriendly, and many, many more.

- Do some research to help shape your opinion? Just type "hybrid cars truth" in a Google search box - let me know what you think about it.

Fuel efficiency is maximized if the car is light, aerodynamic, and has a small engine. So when you are considering buying a new car, you can take into account these 3 elements, which can be found on small cars and not on the gas-guzzling SUVs.

2011 Most and Least Fuel Efficient Vehicles (ranked by city mpg) -

<http://www.fueleconomy.gov/feg/bestworst.shtml>

### Car Maintenance

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- Replace or clean your air filters regularly. Clogged filters prevent air to enter the cylinder which results to poor car performance and more fuel consumption.

- Keep your wheels properly aligned.
- Subject your car to a regular tune up and maintenance check (like changing the oil) to avoid fuel economy problems caused by dragging brakes, transmission problems, low transmission fluids, or worn spark plugs.
- Try carpooling, telecommuting, or public transit to reduce fuel consumption and maintenance cost.
- Use the right type of oil for your car.

Saving energy begins at home and extends on the road. Make these things a habit to save cash, help the environment, and extend the service of your car.

Public transport can't always be the answer and you don't have to feel guilty about taking the car out, but you can definitely minimize the amount of money you're spending on it.

### ✓ Teaching Kids How to Help Your Home Become More Energy Efficient.

Saving energy and money should not be our sole responsibility as parents; it is a combined effort of all family members. Our kids should also learn good values while growing up and contribute in all attempts of keeping the energy bills down.

Because teaching kids to be energy efficient requires some effort, here are some easy to follow suggestions you can do:

#### Education

Teaching your kids the importance of saving energy should be your first goal.

Take note that making them understand the value of being energy efficient is more effective than enumerating the ways to save energy and leaving it at that.

- ⇒ Teach them how conserving energy helps the environment.
- ⇒ Tell them stories or read educational books about the importance of energy.

### *Lead by example.*

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You know very well that kids tend to follow what elders do. Practice what you preach. You may have listed and posted a litany of things-to-do to conserve energy, but if you don't follow them yourself, you cannot expect your kids to follow it too.

- ⇒ Do not just tell them to turn the lights off before leaving their room; show them by always turning the lights off every time you leave a room in your house.

Education and leading by example are a good combination if you want to make good habits stick.

### *Make it fun*

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Find educational materials where your kids will learn the value of conserving energy as well as the ways on how to save it. Computer software, educational websites, books and television shows that educate and entertain kids would really make a difference on how well they will respond. This is especially applicable to kids from 5 to 10 years old.

⇒ Check those fun websites for kids to teach them home energy savings basics and have fun together.

<http://www.eere.energy.gov/kids/>



**KIDS SAVING ENERGY** Games, tips, and facts just for kids who want to save energy!

**CLICK HERE**  
TO LEARN HOW TO SAVE ENERGY WITH TINKER BELL AND HER FRIENDS

**MY ENERGY SMART HOME**  
Discover easy ways to use energy wisely in your home.

**GAMES**  
Play games and test your energy knowledge!

**ABOUT RENEWABLE ENERGY**  
Learn about many kinds of renewable energy.

**ENERGY ACTION LIST**  
PDF 687 KB  
[Download Adobe Reader here](#)

**FUN ENERGY QUIZ**

**CONSUMERS**

**PARENTS & TEACHERS**

U.S. Department of Energy  
Energy Efficiency and Renewable Energy

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[http://www.energystar.gov/index.cfm?c=kids.kids\\_index](http://www.energystar.gov/index.cfm?c=kids.kids_index)



**Energy STAR**

**ENERGY STAR KIDS**  
BE AN ENERGY STAR!

**WHAT'S THE WORD?**  
**BIOMASS**

**FUN FACTS**  
Almost 50% of the electricity in the U.S. comes from coal.

**YOUR PLANET NEEDS YOU!**  
**FIND OUT WHY!** →

**YOU CAN MAKE BIG CHANGES!**  
**FIND OUT HOW!** →

**GET THE FACTS**

*Get your kids involved*

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Family activities should not be limited to eating, playing, and entertainment. Chores can also be a good way to bond with your kids.

- Manually wash the car
- Water the plants
- Clean the table

- Wash the dishes
- Clean the house, etc.

These are some of the things you can do with your kids while conserving energy.

### Teach your kids according to their age

Kids of different ages have different attitude on things around them. If your 5-year old son doesn't know how to turn off the lights before leaving the room, all you need to do is to talk to him well about its importance and showing him that you practice what you teach.

Your 10-year old daughter may require different approach like showing her your electric bill and explaining to her that it will greatly help if she will change her bad habits. You are teaching your 5-year old good habits while you are teaching and emphasizing your 10-year old good habits and responsibility.

The point is, make sure that you teach your kids proper ways to conserve energy using an approach suited to their ages.

### Energy saving tips for kids

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To turn off the water while brushing your teeth



To always turn the lights off before leaving the room



To turn the computer, TV, DVD off after use



To hold the refrigerator open only as long as necessary - take a product out and close the door, open it when you are ready to put it back in.



To unplug unnecessary appliances



To use natural light if possible

Saving energy is not so hard if your kids are involved. And just like any family activities you do, energy conservation should be fun, educational and driven by good motivation.

### ✓ Why Home Energy Saving Devices are Vital

*Have you ever heard about "phantom loads"?*

All of the appliances used at home contain "the switch". To run the home appliances, they need to be switched on, when they are no longer in use, they must be switched off. Most homeowners do not realize something, though.

The appliances, although they are not switched on and not in use, still consume electricity. The pattern of the electricity's outflow still continues although the appliances are in the off mode.

They are known as the "phantom loads" and they do consume some great amount of electricity. Thus, you end up finding your electrical bills showing those huge rates at the end of the billing period.

**If you are interested to know how these "phantom loads" can be relatively stopped so that you will be able to save on your energy costs, it is important to learn the advantages of home energy saving devices.**

The equipment that contains phantom loads is typically recognized when lights or clocks continuously operate although the appliance has already been switched off.



Among the appliances that are gifted with timers that do operate at a pace of 24 hours in a day are the stereo systems, DVD's, Blue Ray players, Game consoles, VCRs, cable and satellite system boxes, stoves, microwave ovens, and many, many more.

Devices used at home that are remote control operated also consume energy around the clock. This equipment needs to be ready at all times to be prompted by the remote control governing them.

Although that state of readiness consumes lesser electricity, imagine a twenty-four-hour time frame and the energy consumed begins to stack up. DC converters, cordless phones, recharging devices, and modems are a couple other devices that generate phantom loads.

So how do you save on home energy consumption in each day? How will you be able to lessen the phantom power created by these devices? One of the easiest ways that you can do so is to plug the devices into switchable power strips. When the appliances have been turned off, you can easily turn off also the power supply that runs through the outlet.

These home energy saving devices run at approximately 60% - 80% of an efficiency rate. Put more simply, they will allow you to save a minimum of six percent on the entire monthly bill that you will have to pay for. Nationally, this translates into billions of dollars spent and a countless amount of pollution emitted into our air.

Updating your home with the use of home energy saving devices will definitely lessen the amount of electrical power that you consume and therefore reduce the amount of your electrical bills.

*A few simple steps you can take right now and put some extra money in your pocket:*

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Unplug electrical devices that are not in use and do not require to be constantly plugged in. Items such as cordless phones require power all the time in order to function properly.



To make it simple, purchase a power strip and utilize it wherever there are several devices plugged into an electrical outlet, devices that can be completely disconnected from power supply when not in use.



Consider a power strip that also provides surge protection for your equipment – it will save you money and, at the same time, provide insurance for your expensive electronics in case of damage caused by a power spike.



When purchasing a new appliance / electronic equipment, especially something that would be impractical to turn off, look for Energy Star certified products – they will save you money even while being in a “semi” off mode.



Check your home's electronic devices equipped with a cube shaped transformers. Those waste approximately 60%-80% energy when plugged in, so it is especially important to keep them on power strips.



Tell others about the “phantom load” phenomenon, there is a good chance that they have never heard of it either.



Before telling others about turning off those devices, start doing it yourself. Your proof of savings may be enough to start a good habit in a friend.

### ✓ Learning From Californians How To Save Energy

Do you remember the energy problems that occurred in California in 2000 – 2001? Although California is still far from being in good shape, many things have changed since that crisis, and there's a lot we can learn from it.

The electricity problems that occurred in California in 2000 - 2001 made the entire state rethink the manner in which energy is used and saved. The effort conducted at conserving this resource made many people reevaluate their choices on energy consumption.

The truth is that there is little energy to begin with ... we don't want to waste what we have. Californians realized that using less would suffice. The following energy saving suggestions were part of smart choices that were made.

- Refrigerators that were manufactured 20 or 30 years ago give off 1,100 lbs. of CO<sub>2</sub> emissions per year. Keeping an old model refrigerator increases your monthly energy bill by as much as \$80. The newer models are much more energy efficient, especially Energy Star certified ones.

Manufacturers print this on the fridge. However, even the newer ones will not save you as much energy as they should unless there are properly positioned. Installations near heat-radiating appliances like the dishwasher or ovens / stoves make the refrigerators work harder to keep the interior temperature at the

required level. This is why interior designers and architects make it a point to have separate areas for cooling and heating appliances.

If you maintain the temperature of the refrigerator at the right level, you can save as much as 25% on energy consumption than when the temperature is set higher than what is required.

- If your dishwasher has an air-dry setting, choose that instead of the heat-dry setting. You will cut your dishwasher's energy use from 15 percent to 50 percent. If there is no air-dry setting, turn the dishwasher off after its final rinse and open the door. The dishes will dry without using any extra electricity.
- Clothes dryers spend a lot energy. Consider air or sun drying whenever possible. Using proper detergents and washing in cold water also saves energy by 75%. This could also prevent the dryer from emitting 500 lbs. a year in carbon gasses.
- More than 50 degrees of heat is lost whenever you open the oven during cooking. Study the cooking instructions and preheat the oven as required. Open the oven only when needed.
- While shades and curtains are good practices to regulate the temperature and let the light in a room, adding e-films gets you further in saving energy

during heating and air-conditioning the space. Storm windows are good energy saving devices, as are high performance double pane windows.

- Extra work will be required from your heater or air-conditioner when you have air leaks and drafts around your house. Sealing the home is one of the cheapest ways to conserve energy. Limiting the use of ventilating fans and closing the damper in the fireplace when not in use keeps the desired temperature inside the home.
- In many parts of the country, ceiling fans are enough to cool a home that is well insulated. If using air-conditioners is a must, strategically planting shrubs and trees on the surrounding areas of the house to be cooled may give you as much as 25% savings on energy consumption.
- Trellises, overhangs, and especially trees help so much in cooling the home during the summer months. It also serves as a good wind breaker during winter.
- Unplug appliances that are not in use. Keeping appliances plugged in and keeping them on standby mode consumes about 10% of the power it requires when in operation.
- Buy only things that are really necessary. The seemingly innocent possessions that fill our homes were manufactured using energy that



translates to greenhouse gas emissions from the sorting of raw materials to manufacture and the freight it required to be delivered to the stores and eventually to the end user.

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### ✓ Help the Environment and Still Keep Saving More Money in Your Pocket.

As the cost of living continues to rise, energy reports and broadcasts are crammed with energy saving tips and suggestions. Some energy saving tips require initial investments, while some just solicit a change of a lifestyle. The best energy saving tips are those that require almost nothing but changing a habit. This part of the report is about wise energy saving choices.

- Limit, as much as possible, the use of water. Of course water is not that expensive in US (at least for now), but saving water saves energy. When cleaning the driveway, deck, or patio, using the broom instead of the hose would save several hundreds of gallons of water a year.
- A push mower is a good idea for a small lawn. Aside from not using electricity or fuel to ride the mowing machine, it is also good exercise.
- Rakes are good leaf movers. Like the push mower, you do not need energy to fuel up a machine to get the job done. There is also a sense of accomplishment in using this traditional tool.

- Use compact fluorescent light bulbs to light up your driveway or as a security light. CFLs are one of the most handy and energy efficient products that you can have. If you are worried about bugs sticking to the light, there are also yellow CFLs that are available.
- When shopping, avoid going for the disposable ones. Disposable products need more landfills and landfills emit dangerous gasses. Go instead for items that could be used several times over. Again, when shopping, go for products that are made of better quality. They might be a little more expensive, but generally, quality products last longer.
- Bring your own bags when shopping. Paper bags are made from trees; the environment can use more of them. On the contrary, plastic bags are oil based and are not biodegradable. If you bring your bag with you, you help in saving energy.
- Batteries contain toxic materials. They produce heavy metal like zinc, arsenic, cadmium, mercury etc. Thus, disposal needs proper care. Once the heavy metal in batteries seeps into the ground it has a good chance of contaminating the ground. When buying battery-requiring products, pick

those that are rechargeable. That way, battery disposal is limited and you save on the cost of buying new batteries.

- It is a good thing that SUV sales everywhere are going down (well, good for the environment and not for car manufacturers). SUVs use much more energy than compact sedans for the same distance. While using SUV's could be fun, there is also that lack of concern to the current energy issues and environmental problems we are facing.

Reducing the use of SUVs on the street may not mean much in terms of greenhouse gas emissions, but is a signal to manufacturers to build more energy efficient vehicles.

- The use of solar power is an excellent idea if you want to tackle the issues of energy conservation and environment protection. If there is one thing that the world needs most at this time, it is the widespread use of solar power.
- Energy saving devices may cost a little extra, but the pay offs are much more than the extra cost in terms of longer life spans and energy saved.



Whatever you do next, I sincerely hope that I have encouraged you to think more seriously about making your home more energy and cost efficient.

That short report is merely a teaser, a glimpse at what you can do if you want to.

And remember, it is not more expensive - it can easily save you money, and it simply makes sense.

Good luck and Thank you for reading!

Sincerely,

Darek Rudnicki.

Founder and editor of CheckThisHouse.com

✓ **Explore some more energy saving tips on the following websites:**

[www.eere.energy.gov/](http://www.eere.energy.gov/) | <http://www.energystar.gov/> | <http://www.energy.gov/>

<http://www.eia.doe.gov/> | <http://www.energy.ca.gov/> | [www.consumerenergycenter.org](http://www.consumerenergycenter.org)

For More Valuable Tips Visit [Home Maintenance Website](http://www.checkthishouse.com).