

# Energy Management Checklist for The Home




## Energy Management Checklist for the Home

Experts may disagree on how long energy sources will last but these facts are clear:

- Known sources of energy are limited. Humans are using energy faster than nature can create it.
- American lifestyles require an astonishing amount of energy.
- If we are not in the midst of a real energy crisis now, we are well on our way toward exhausting our known energy sources.
- Energy costs continue to increase.

We should pause to ask ourselves: If we can't live without energy, how can we live well with less?

Conservation of energy in all forms is now essential. This does not mean we will receive fewer benefits from energy. Nor does it force us to give up our modern ways of life. It does mean we must use energy as efficiently as possible.

We must adjust the everyday living standards which affect the use of our resources. We can slow down our consumption of energy if we change the way we use—and waste—it. Some changes will require time, effort, and money. Others will require a change in our attitudes and values, or in developing new habits and discontinuing old ones. The energy we save today will be available for future use. The energy we use or waste is gone forever. Fortunately, a reduction in energy used means money saved. This will help offset increases in energy costs which are inevitable.

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## Are You A Good Energy Manager?

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Good management means using resources effectively to obtain the maximum comfort, convenience, pleasure, and satisfaction from your investment.

From time to time you need to evaluate the resources used in daily life. In the past, energy was an inexpensive resource, so people didn't really try to save it. As a result, the supply of energy is being exhausted and the cost has increased.

There are many ways to conserve energy in and around the home without sacrificing our level of living. When you reduce the amount of energy use, you are also saving money for other needs.

This publication is designed to help you see how effectively you are

conserving energy and alert you to how you can improve your efficiency as a manager. Although some of the suggestions involve spending money, the long-range benefits achieved from the reduction in energy used will soon pay for the cost. Some suggestions will require both time and energy. Your knowledge and skills are resources, too. As energy supplies decrease and costs rise, you must weigh your use of resources with greater care.

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## Test Yourself . . . Your Energy Checklist

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No doubt you are now trying to conserve energy. This checklist will help you recognize the energy conservation practices you now use, and identify ways you can become an even better energy manager. Use the checklist boxes to check your progress on energy conservation methods you use in your home.

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Have Done	Will Do
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### Insulation Reduces Heat Loss or Heat Gain, Does Improve Comfort, and Reduces Energy Required for Heating and Cooling

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Ceiling—minimum R-value of 19.

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Walls—minimum R-value of 11.

<input type="checkbox"/>	<input type="checkbox"/>
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Crawl space or unheated basement—minimum R-value of 13.

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### Window and Door Protection for Winter

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Install storm doors.

**Have Done**   **Will Do**

Install storm windows, or

Double or triple glazing, or

Cover windows with plastic.

Thermal window treatments reduce heat loss when properly installed and used.

### Utilize Winter Sun

South and west window exposures are best for living areas.

### Protect House from Cold Winter Winds

Plant, or build a windbreak landscape treatment.

Design house for maximum protection.

Protect entrances with double-door vestibule arrangement.

### Seal Air Leaks

Weatherstrip doors and windows.

Caulk cracks, interior and exterior.

Seal unused doors.

Cap unused flues and chimneys.

### Protect House from the Summer Sun

Plant deciduous trees.



**Have Done**   **Will Do**

Install a roof overhang to protect windows and doors.

Use awnings or other treatment for shade.

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### **Utilize Breezes for Cooling During the Warm Season**

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Open windows in evening.

Close windows during mid-day.

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### **Temperature Control**

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Reduce daytime home heating in winter, maintaining 68° F. or lower temperature.

Set air-conditioning unit to recirculate cool air instead of pulling in warmer outside air.

Increase temperature setting for summer air-conditioning, 78° F. or higher.

Reduce nighttime winter temperature 5°-to-8° or more.

Adjust radiator valves, air duct dampers, or heat registers according to activity in area of home.

Use window and attic fans for cooling during summer when outside temperature and humidity is below house temperature and humidity.

Maintain heating and cooling equipment in good operating condition.

Keep air filters clean to make it easier for heating and cooling system to do its job.

Close off unused rooms and closets.

Use kitchen and bathroom exhaust fans only when they are necessary.

Install an exhaust fan in the attic to remove hot air in the summer.

Shade windows from direct sun in summer with draperies and roll-up shades.

**Have Done**   **Will Do**

Open draperies and roll-up shades to receive sun's heat in winter.

Close door of attached garage in winter.

Turn, pull, or push damper to close off flue when fireplace is not in use.

Repair leaks and insulate heating and cooling ducts in spaces not heated or cooled.

Close doors quickly in cold weather, and heat of summer.

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### Lighting

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Turn off unnecessary lights, indoors and out.

Reduce lighting levels to minimum for task to be performed.

Use bulbs with lower wattage in halls, stairways, and other areas of general illumination.

Use light colors in decorating to improve lighting efficiency.

Do tasks which require a high light level during the daylight hours when possible.

Keep lighting fixtures clean.

Select energy efficient light bulbs.

Use fluorescent lighting for maximum light from electrical energy used.

Use timers to turn lights on in the evening rather than leaving lights on all day when no one is home.

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### Heating Water

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Reduce the amount of hot water used.

Insulate long hot water pipes, especially those under the house or those that go through unheated basements.

Repair leaky faucets.

Have Done Will Do

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Maintain regular temperature setting of 140° on water heater when hot water is needed.

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### Laundry

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Wash only full loads of laundry.

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Use heated water in only the washing cycle.

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Use water no hotter than necessary for adequate soil removal and sanitation.

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Use good laundry techniques to obtain satisfactory results in one washing process.

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Avoid over drying in the dryer.

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Sort loads by fabric type and weight.

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Line-dry garments and household items when practical.

<input type="checkbox"/>	<input type="checkbox"/>
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Use the dryer efficiently. Avoid drying one or two items at one time.

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Remove items when dryer stops to avoid unnecessary wrinkling, which will require pressing to remove.

<input type="checkbox"/>	<input type="checkbox"/>
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Reduce ironing to a minimum by careful selection of garments and household linens.

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### Cleaning and Maintenance

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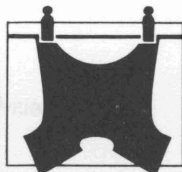
Empty or replace vacuum cleaner bag frequently to keep it functioning efficiently.

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Eliminate unnecessary vacuuming and floor polishing.

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Use hand equipment rather than power equipment when practical.



**Have Done**   **Will Do**

Develop preventative maintenance practices. Routine checkup and servicing will prevent greater problems later.

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### **Cooking and Baking**

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Use cooking utensils which fit the electric unit or gas burner.

Use tight-fitting lids on cooking utensils, when appropriate.

Reduce heat to maintain necessary cooking temperature when using surface units or burners.

Use small appliances including microwave ovens for cooking, baking, and for toasting if they are more efficient than the range.

Use oven to capacity.

Preheat oven only when necessary (for most leavened foods). Do not preheat longer than needed to attain required temperature.

Turn off oven, surface units, or burners promptly when food is cooked.

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### **Refrigeration—Refrigerator and Freezer**

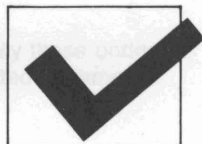
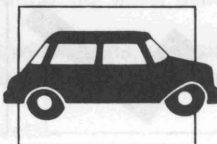
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Avoid opening door or holding it open unnecessarily.

Keep grills and evaporator coils clean.

Locate the refrigerator and freezer away from heat source such as the range, hot air register, or direct sunlight.

Defrost as needed.





Have Done Will Do

If cold air is leaking around door, have door adjusted or gasket replaced.

Turn off, empty, clean, and leave refrigerator door open when taking an extended vacation.

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### Dishwashing

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Accumulate dishes: hold until the dishwasher is filled. If dishes are hand washed, rinse and hold breakfast dishes until noon or evening.

Avoid wasting hot water by leaving it run continuously while washing or rinsing dishes.

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### Personal Care

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Minimize hot water used in bathing. Check to see if less water is used in showering than in tub bathing.

Do not leave water running while shaving, brushing teeth, etc.

Turn off faucets promptly after use.

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### Recreation and Entertainment

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Turn off TV, radio, or stereo when no one is really watching or listening.

Disconnect or use vacation setting on an instant-on TV when you are not going to be using it regularly.

Use shop or hobby equipment efficiently.

Maintain tools in good operating condition.

Encourage family members to develop leisure activities such as bicycling, hiking, reading, swimming, etc., that have low energy costs.

Spend vacations closer to home.

Encourage home and neighborhood activities.

Have Done Will Do

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### Family Transportation

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Drive at a moderate speed.

Drive smoothly with gradual starts and stops.

Drive slowly for first mile instead of letting car warm up by idling.

Provide proper maintenance: make sure you have well-tuned engines and properly inflated tires.

Combine errands by careful planning.

Carpool or vanpool whenever possible.

Walk, ride a bicycle, or use public transportation whenever possible.

Travel only when necessary.

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### Energy Shopping

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Consider energy efficiency when purchasing appliances, automobiles, and other motors.

Select an energy efficient air-conditioning unit the proper size for space to be cooled. It is better to buy a slightly undersized unit, rather than an oversized one.

Select size/capacity of appliances according to your needs. Larger ones usually require more energy to operate.

Consider life-time cost when making purchase decisions. (Initial costs, plus operating costs, plus maintenance costs).

If a change in housing is planned, consider how much space is essential. Extra space takes energy to heat, cool, light, and clean.

If you are shopping for housing to buy or rent, evaluate it for energy efficiency.

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**List Energy Conservation Practices We Are Now Doing**

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- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
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- 9.
- 10.

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**List Energy Saving Practices We Plan For This Year**

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- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Adapted from Extension  
Service - USDA Program  
Aid Publication No. 1118.

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Issued in furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of Congress of May 8, 1914, as amended, and June 30, 1914, in cooperation with the United States Department of Agriculture. Zerle L. Carpenter, Director, Texas Agricultural Extension Service, The Texas A&M University System.