



# ENERGY-WISE LIVING

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Adjusting the family's everyday living standards and management practices will affect the use of energy resources. Spot check home energy management practices, by completing this check list.

Some of the items involve spending money. The long-range benefits from more efficient and lower operating costs will pay for some or all of the cost. Other items require your time and energy.

Identify ways you are saving home energy now, and ways to become a better energy manager. Start planning now and make saving home energy a family project.

HAVE  
DONE

WILL  
DO

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**Insulation Reduces Heat Loss or Heat Gain, Improves Comfort and Reduces Energy Required for Heating and Cooling**

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\_\_\_\_\_      \_\_\_\_\_ Ceiling--minimum 6-inch mineral wool equivalent.

\_\_\_\_\_      \_\_\_\_\_ Walls--minimum 4-inch mineral wool equivalent.

\_\_\_\_\_      \_\_\_\_\_ Crawl space or unheated basement--minimum 2-inch mineral wool equivalent.

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**Window Protection for Winter**

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\_\_\_\_\_      \_\_\_\_\_ Install storm windows, or  
\_\_\_\_\_      \_\_\_\_\_ double or triple glazing, or  
\_\_\_\_\_      \_\_\_\_\_ cover windows with plastic

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**Utilize Winter Sun**

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\_\_\_\_\_      \_\_\_\_\_ South and west window exposures are best for living areas.

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**Protect House from Cold Winter Wind**

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\_\_\_\_\_      \_\_\_\_\_ Plant or build a windbreak landscape treatment.

HAVE  
DONE

WILL  
DO

\_\_\_\_\_ Design house for maximum protection.

\_\_\_\_\_ Protect entrances.

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**Seal Air Leaks**

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\_\_\_\_\_ Weatherstrip doors and windows.

\_\_\_\_\_ Caulk cracks.

\_\_\_\_\_ Seal unused doors.

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**Protect House from Summer Sun**

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\_\_\_\_\_ Plant trees.

\_\_\_\_\_ Install a roof overhang to protect windows.

\_\_\_\_\_ Use awnings or other treatment.

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**Utilize Breezes for Cooling During Warm Season**

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\_\_\_\_\_ Open windows in evening.

\_\_\_\_\_ Close 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.

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

\_\_\_\_\_ Maintain heating and cooling equipment in good operating condition.

HAVE  
DONE

WILL  
DO

- |       |       |  |
|-------|-------|--|
| _____ | _____ | 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 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.   |
| _____ | _____ | Open draperies and roll up shades to receive sun's heat in winter.   |
| _____ | _____ | Close door of attached garage in winter.   |
| _____ | _____ | Close off flue when fireplace is not in use.   |
| _____ | _____ | 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. |
| _____ | _____ | Repair leaks and insulate heating and cooling ducts in spaces not heated or cooled.  |
| _____ | _____ | Reduce heating and increase cooling temperatures when away from home for long periods of time.   |

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

HAVE  
DONE

WILL  
DO

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### Laundry

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|-------|-------|--|
| _____ | _____ | Wash only full loads of laundry.   |
| _____ | _____ | Use heated water in only the washing cycle.  |
| _____ | _____ | Use water no hotter than necessary for adequate soil removal and sanitation.                       |
| _____ | _____ | Use good laundry techniques to obtain satisfactory results in one washing process.                 |
| _____ | _____ | Avoid over drying in the dryer.  |
| _____ | _____ | Line dry garments and household items when practical.  |
| _____ | _____ | Use the dryer efficiently. Avoid drying one or two items at one time.                              |
| _____ | _____ | Remove items when dryer stops to avoid unnecessary wrinkling that will require pressing to remove. |
| _____ | _____ | 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.  |
| _____ | _____ | Eliminate unnecessary vacuuming and floor polishing.   |
| _____ | _____ | Use hand equipment rather than power equipment when practical.   |
| _____ | _____ | 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 oven to capacity. |
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HAVE  
DONE

WILL  
DO

\_\_\_\_\_ Use cooking utensils that 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 for cooking, baking and toasting if they are more efficient than the range.

\_\_\_\_\_ Preheat oven only when necessary. Do not preheat longer than needed to attain required temperature.

\_\_\_\_\_ Turn off oven, surface units and 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 cooling appliances away from heat sources such as the range, hot air register or direct sun.

\_\_\_\_\_ Defrost as needed.

\_\_\_\_\_ If cold air is leaking around the 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.

HAVE  
DONE

WILL  
DO

\_\_\_\_\_      \_\_\_\_\_      Avoid wasting hot water by leaving it running 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.

\_\_\_\_\_      \_\_\_\_\_      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 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.

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

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Prepared by Extension family resource management specialists. The Texas A&M University System. Adapted from PA-1118, "Energy Management Checklist for the Home," Extension Service, United States Department of Agriculture, 1975.

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