

every little bit

Energy efficiency for your home

When it comes to energy efficiency, every little bit makes a difference.

Here are some energy saving tips you and your family can use to get the most value from your energy dollars:

Reducing Energy Use by Eliminating Air Leaks

- Caulk windows and gaps in your attic, weather strip doors and windows, and install door sweeps.
- Stop air flow around switch plates and electrical sockets.
- Close your fireplace damper when it's not in use.
- Prevent air leakage around rim joints.
- Insulate the roof and walls of your home.
- Weather strip the door leading to your attic.
- Insulate the floor of your attic with at least 12 inches of fiberglass insulation, or the equivalent. And don't forget to insulate the exhaust fan ducts that pass through your attic.

Reducing Energy Use by Improving Windows

- Install double-paned windows or cover single-paned ones with plastic.
- Seal between upper and lower panes with rope caulk.
- Use window coverings.
- Let sunshine in on winter days.
- Close your drapes and blinds on cold nights to keep drafts out.

Reducing Energy Use with the Thermostat

- Keep your thermostat at or below 68 degrees; setting your thermostat three degrees lower in the winter can reduce your bill by about 10 percent.
- Wear warm clothes inside.
- Lower the temperature when you're active around the house or heading off to bed.
- Turn off your air conditioning and use a fan.
- Set your air conditioner at 78 degrees; each degree over 78 in the summer will save you approximately 3 percent on your cooling bill.
- Install a programmable thermostat.



"The Power to Conserve"

Watch this 30-minute special with Avista energy expert Christine McCabe and TV meteorologist Tom Sherry.

Nov 20	10:30 am	KSKN
Nov 24	3:00 pm	NW Cable News
Nov 28	7:00 pm	KREM
Nov 29	10:30 am	KSKN
Dec 12	7:00 pm	KREM
Dec 20	10:30 am	KSKN
Dec 27	10:30 am	KSKN
Dec 29	3:00 pm	NW Cable News
Jan 6	3:00 pm	NW Cable News
Jan 23	7:00 pm	KREM
Jan 24	10:30 am	KSKN
Feb 20	7:00 pm	KREM
Feb 21	10:30 am	KSKN

To learn more, visit
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Reducing Furnace Energy Use

- Clean or replace your furnace filters regularly throughout the heating season.
- Have your heating contractor inspect and service your furnace annually.
- Keep your warm air registers or baseboard heaters free from obstruction.
- If possible, don't heat unoccupied rooms.

Reducing Your Energy Use in the Kitchen

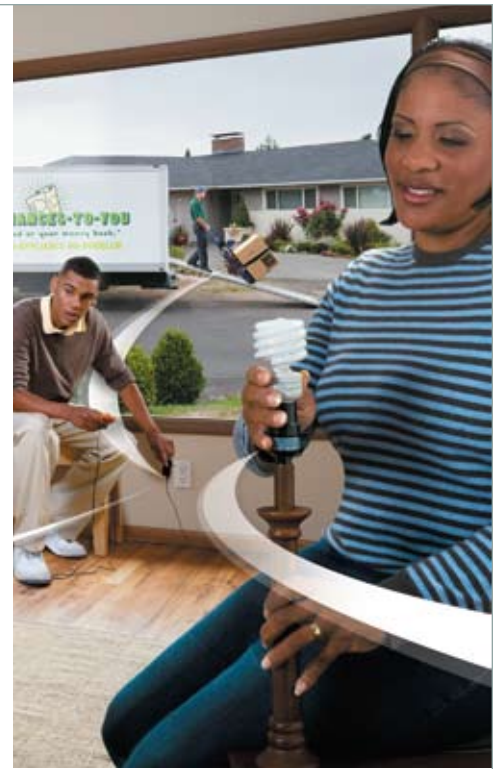
- Use the microwave, a pressure cooker, electric pans or a toaster oven for smaller meals.
- In warm weather, cook outdoors on a grill.
- Take advantage of residual heat by turning the oven or burners off a few minutes before you're done cooking.
- Match the size of pans to the size of your burners.
- Boil water in a teakettle instead of an open pan.
- Don't put foil on your oven racks.
- Use the self-cleaning feature on your oven while it's still hot.
- Choose glass or ceramic baking dishes.
- Make sure range-top burners and reflectors are clean.
- Use kitchen fans wisely; they steal heat if left on when not in use. (The same goes for bathroom fans, too.)
- Check the EnergyGuide Label when purchasing a new furnace.

Reducing Refrigerator and Freezer Energy Use

- Set your refrigerator between 37 and 40 degrees and your freezer between 0 and 5 degrees.
- Don't leave the doors standing open.
- Keep your food covered.
- Cool hot foods before you put them in the refrigerator.
- Defrost your freezer when the frost is ¼ inch thick.
- Keep your condenser coils clean.
- Buy the smallest unit possible to fit your needs.
- Check the EnergyGuide label when purchasing a new appliance.

How to Use Water Most Efficiently

- Set your water heater at 120 degrees.
- Install a low-flow showerhead.
- Take shorter showers.
- Use a front-loading washing machine and check the ENERGY STAR® label.
- Wash your clothes in cold water and hang them on a line to dry.
- Run only full loads. That goes for clothes and dishes, too.
- Let your dishes air dry.



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1. Install high-efficiency, compact fluorescent light bulbs in place of incandescents wherever possible.
2. Turn off your lights, televisions, computers and other electrical appliances when not in use.
3. Use automatic timers to automate lights when you're away.
4. Look for the ENERGY STAR label when you purchase new appliances.
5. Remove dryer lint with each new load, and don't over-dry your clothes.
6. Remove your window air conditioner when the weather turns cold, or encase it with a thick layer of fiberglass insulation and polyethylene sheeting sealed with duct tape.