Sustainable Choices at Home
Tips to save money on your power bill and help the environment

Heating and Cooling:
• Turn your hot water heater down to 120°F to reduce your electricity or gas bill
• Keep your thermostat at 68°F when using heat and 78°F when using A/C
• Lower thermostat at night and when away from home

In the Kitchen
• Only run your dishwasher when full
• Rinse dishes before loading to avoid rewashing later
• Unplug appliances when not in use
• Avoid using ovens and stoves during the hottest hours of the day
Around the House
Ensure your house is well-insulated to reduce air conditioning and heating costs

Install fluorescent or LED light bulbs around your house to save electricity

Set computers to sleep automatically when not being used

Additional information:

- Oregon State University Sustainable Energy Initiative
  sei.oregonstate.edu

- Sustainability at Oregon State University
  oregonstate.edu/sustainability

- National Academies: What You Need to Know About Energy
  needtoknow.nas.edu/energy

- US Department of Energy: Energy Savers
  www.energysavers.gov/your_home

- Bonneville Power: How to Save Energy in Your Home

- Pacific Power: Reducing Your Energy Footprint
  pacificpower.net/env/rycf.html