

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

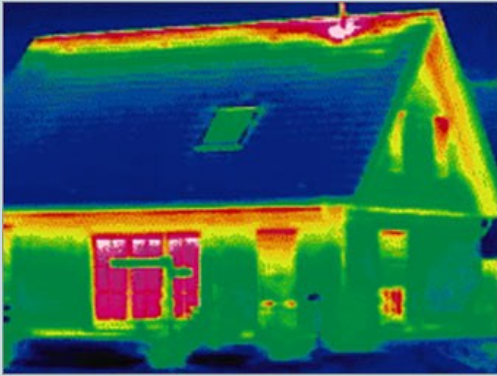


SEI is a student-led group which seeks to promote sustainable energy awareness at Oregon State and in the community. Group activities include guest speakers from industry and research, trips to renewable energy facilities, and community outreach.



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
http://www.bpa.gov/corporate/pubs/Residential_Energy-saving_tips_brochure.pdf
- Pacific Power: Reducing Your Energy Footprint
pacificpower.net/env/rycf.html