



TIPS FOR COLD WEATHER

- To find out where your home is leaking that warm air, you can either hire someone to perform an energy audit or do it yourself. Close doors and windows on a still day. Either use an incense stick, smoke pencil or get your hand wet. Move from one end of your home to the other and take note of where you see or feel cold air leaking in. Use a pencil mark or painters tape to make a note of where there is a leak.
- Open curtains of south facing windows during the day to heat your home and close them at night.
- Move furniture at least 2" away from windows and doors. If it is possible, place furniture onto an inside wall.
- Apply window insulation (or shrink plastic) to the inside of windows. Make sure that you follow the directions and seal tightly.
- Make sure to clean chimneys/fireplaces before you light a fire for the first time each year. If you get smoke coming back into your home, you run the risk of high carbon monoxide levels.
- When not using your fireplace, place a fireplace balloon or fill a garbage bag with paper (making sure to tie a string at the bottom) and shove up into the chimney.
- Clean and dry heating elements before you begin using them each year to make sure that they are operating efficiently. You can also use a vacuum hose if it is hard to reach.
- Check and replace furnace filters at least once a month. Circle date on the calendar to remind yourself.
- Remember that space heaters heat you, not the room. Place in front of you, so that you feel the heat and unplug from the outlet when not in use.
- Keep the temperature between 65 and 68 when you are at home. At night or away for more than 2 hours, turn down the temperature 5 degrees. Every degree can save you an estimated \$5 on your energy bill. Don't turn the temperature down lower than 55 degrees. It takes a long time to bring it back up to a comfort level.
- Check the temperature of your hot water heater and keep it at 120 degrees.
- Test and seal leaks in duct system with aluminum, heat-resistant tape.
- Add pipe insulation on pipes that are exposed (i.e.: under sinks, 6" from water heater). This will help save money on both energy and water bills. It can also keep pipes from freezing.

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TIPS FOR HOT WEATHER

WINDOWS

- Close during the day and open them to let the breeze in at night.
- Purchase and apply reflective window film. You can also cut a piece of cardboard to fit the window. On one side, apply aluminum foil. Place the cardboard (aluminum side facing out) in the window.
- Purchase window treatments (i.e. blinds) that when closed let little light inside. Open drapes or curtains at night to allow air to flow. Close them during the day.
- Limit the lights that you turn on in the house. Lights produce heat. Incandescent bulbs are the worst, so replace with a compact fluorescent bulb.

AIR CONDITIONER

- If you run an air conditioner, make sure there is not a lamp or other heat-producing appliance beside it. The AC will detect the heat and will run longer and cost more money.
- Make sure to service, clean or repair your air conditioner in the spring. Check and clean the drip pans and/or filters. Seal any leaks.
- Purchase an energy-efficiency model.

FANS

- Ceiling fans: Make sure that they are rotating clockwise, which is opposite for how they should be directed in the winter. Counter-clockwise distributes air upwards and clockwise forces it downward. You should be able to stand underneath the fan and feel the air moving toward you. When you leave the room, turn off the fan.
- Stand-alone fan (i.e. box, oscillating, tower): These are great when you need to focus cooling to a specific area or occupants. Place yourself in front of the fan. Fans are not good at cooling a whole room. If you want a wind chill effect, use a spray bottle with water and spritz yourself in front of the fan.
- If you can't afford an air conditioner, combine water and rock salt and place in cups. Put in the freezer. Once frozen, place in a metal bowl and put in front of a fan. As the ice begins to melt the cool air will blow onto you. Hence, cheap AC.

- Run cold water over the back of wrists for 10 mins. This act will keep you cool for about an hour. Capture the water in a bucket, so that you can use it to water plants.
- Put feet in bucket of cold water and/or ice while watching TV.
- Next year, you may want to add insulation, plant trees & shrubs outside windows, or install window awnings that will block light.
- Place your pillow in the freezer during the day. Before going to bed, place in a pillowcase and stay cool while asleep.
- Tie an icepack or place ice in Ziploc bag around your neck.
- Use water-misting fans
- Turn off fans and open windows at night. Shut them and close blinds to keep in the cool during the day.
- Set thermostat high between 80 and 85 degrees when not at home. Lower the thermostat to 78 while home.
- Get a programmable thermostat to set the cooling cycle.
- Avoid setting the air conditioner thermostat to the coldest setting, it won't cool any faster.
- Using a ceiling fan with AC allows you to raise setting 4 degrees. Fans cool people not rooms, so turn fan off when you leave the room.
- When you shower, cook, do laundry or mop your floors – turn on fans to remove heat and humidity – make sure they vent outside. Do these tasks at night or in the early morning.
- Avoid using the oven/stove – use a microwave, grill outside or cook when it gets cooler.
- Wash only full loads of dishes and laundry. Air dry.
- Take short showers instead of baths. Take cooler showers.
- Minimize activities that generate a lot of heat – computer, stereos, TV, hot devices. They heat up your home.
- Seal cracks and openings that can leak hot air into home. Add caulk or weather stripping to doors and windows.
- Wear clothing that is weather-appropriate.

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