



A Homeowner's Guide to Energy Efficiency

Energy Efficiency is easy at any price point! By improving Energy Efficiency in your home you will save money, improve Utah's air quality, and reduce the chance of power outages. Use this list to find options that work for your household and your budget.

Free tricks	Low cost tricks (\$0-100)	Higher cost tricks (\$100+)*
<ul style="list-style-type: none"> ● Lower your water heater to 120^o F ● Keep your thermostat at 68 to 72^o F in winter and 78 to 82^o F in summer ● Turn off your thermostat when sleeping or out of town ● Do not block air vents or radiators ● Set your refrigerator at 36 to 40^o F ● Turn off the lights in unoccupied rooms ● Unplug appliances/electronics ● Take short showers instead of baths ● Only use the dishwasher when it is full ● Hand wash individual dishes ● Air dry your dishes ● Wash clothes with cold water and only run a full load of clothes ● Air dry your clothes ● Park your car in a closed garage ● Open windows and close blinds to naturally heat and cool your home ● Close your windows and doors when heating or cooling your home ● Use the microwave instead of the oven 	<ul style="list-style-type: none"> ● Install a programmable thermostat ● Install low-flow shower heads and bath and kitchen faucets ● Use smart power strips or individual smart power outlets ● Switch your light bulbs to halogen incandescents, CFL, or LED ● Place weatherizing strips around doors and windows ● Caulk any air leaks around windows ● Use spray foam insulation to seal around water lines, toilet lines, and any other gaps ● Install socket sealers between exterior walls and electric outlets ● Insulate exposed pipes connected to water heaters, boilers or furnaces, and water lines ● Insulate fireplace dampeners ● Use a cooler pillow to insulate your swamp cooler 	<ul style="list-style-type: none"> ● Install a smart thermostat (Questar offers a rebate of \$100!) ● Insulate exterior walls and unfinished areas ● Seal your duct system ● Replace your furnace with a high efficiency furnace ● Replace your water heater with a high efficiency model ● Purchase Energy Star Certified appliances ● Install energy efficient windows ● Install energy efficient doors ● Request an energy audit that will tell you where to start <p>*Both Questar and Rocky Mountain Power offer rebates to offset the costs of these improvements!</p>