



GREEN TEAM TIPS

Home Energy

- **Adjust Window Treatments:** During the day, let sunlight in by opening curtains, blinds and shades on the windows facing the sun to reduce heating demand. At night, keep drapes and curtains closed to reduce heat loss. (Source: [Efficiency Maine](#))
- **Clean Boilers and Furnaces:** Make sure your boiler or furnace is cleaned and serviced by a qualified professional for optimum efficiency. Gas systems and heat pumps should be serviced once every two years; oil systems every year. Cleaning substantially extends the life and efficiency of the heating system while ensuring safe operation. (Source: [Efficiency Maine](#))
- **Seal Receptacles and Switch Boxes with Foam Gaskets:** Seal Receptacles and Switch Boxes with Foam Gaskets — installing foam gaskets can reduce drafts and create an extra thermal barrier. (Source: [Efficiency Maine](#))
- **Install a Programmable Thermostat:** Programmable thermostats can reduce heating costs and energy use by decreasing temperatures at night or when your home is unoccupied. (Source: [Efficiency Maine](#))
- **Remove Old Appliances:** Reduce your annual energy bill by as much as \$100 by unplugging and properly disposing of your unneeded refrigerators. BGE offers a \$50 incentive to recycle your old refrigerator. Find out more about at [bge.com](#) or by calling 866-898-1901. (Source: [BGE](#))
- **Heat Water Efficiently:** Upgrading your electric water heater to a heat pump water heater can save the average household up to \$330 a year. BGE offers a \$500 rebate for heat pump water heater. Find out more about heat pump water heaters at [BGE.com](#). (Savings claims per [Energy Star](#))
- **Save while Washing:** Use the low- temperature settings on the washing machine and load the washing machine to capacity. Washing one large load uses less energy than washing two smaller loads. When drying, dry full loads whenever possible, but be careful not to overfill the dryer. Or, you can also hang your clothes out to dry. Cleaning the dryer filter after each use can also reduce dryer energy use. (Source: [Efficiency Maine](#))
- **Switch out old light bulbs:** Replacing 15 inefficient incandescent bulbs in your home with energy-saving LEDs could save you about \$50 per year. BGE discounts LEDs at retailers across the state. (Source: [BGE](#))

- **Turn down your Water Heater:** Set your water heater thermostat at the lowest temperature that provides you with sufficiently hot water. If you use a lot of hot water, you may need to set the temperature higher to provide enough hot water for your needs. Try setting it at 120°F. (Source: [Efficiency Maine](#))
- **Reduce Phantom Load:** Many appliances continue to draw power when they are switched off. These “phantom” loads occur in most appliances that use electricity, such as DVDs, televisions, stereos, computers, and kitchen appliances. Plug devices into a power strip and switch it off when the devices are not in use. (Source: [Efficiency Maine](#))

Water Conservation

- **Know Where it Goes and Consider your Diet:** Overall, the average American uses about 2,000 gallons of water a day – about twice the global average. Our diets make up about half of our water footprint, transportation and electricity about 20 percent, home water use about 10 percent, and clothes and material goods another 10 percent. By making some simple choices, we can shrink our water footprint. One of the easiest ways to shrink your water footprint is by reducing food waste. You can reduce your further by cutting down on eating meat and dairy: making a quarter pounder requires water equivalent to 30 showers. (Source: [Change the Course](#) and [National Geographic](#))
- **Install Energy- and Water-Saving Shower Heads:** Did you know the average family can save about 700 gallons of water and the amount of electricity it takes to power a house for eleven days, just by switching to a low-flow showerhead? Look for a shower head model with the EPA “Water Sense” label or a flow rate of less than 2.0 gallons per minute. (Source: [EPA](#))
- **Repair All Leaky Faucets:** A faucet dripping one drip per second can waste up to 3,000 gallons of water over the course of a year, enough to take 180 showers. (Source: [EPA](#))
- **Consider an efficient washer:** Nearly 22% of indoor home water use comes from doing laundry. Most front-loading washing machines are energy- and water-efficient, using just over 20 gallons a load, while most top-loading machines, unless they are energy-efficient, use 40 gallons per load. Save water by making sure to adjust the settings on your machine to the proper load size. (Source: [National Geographic](#))
- **Measure your footprint:** National Geographic has an interesting water footprint calculator. Calculate your water footprint [here](#).