

Energy-Saving tips for your kitchen:

Some of your home's most energy-consuming appliances are found in the kitchen, which means there are a lot of opportunities to be more energy-efficient. As part of our monthly Energy-Saving Tips section, here are some smart, easy ways to save money and energy in the kitchen.

- **Keep the Oven Door Closed.** While cooking with the oven, try to reduce the number of times you open the door. Each time the door is opened, the oven loses about $\frac{1}{4}$ of its heat.
- **Keep Up with a Running Fridge.** The refrigerator is the single largest power-consuming appliance in most households. Be sure to vacuum the coils on the back of your refrigerator twice a year to maximize efficiency. Leaving space behind and on both sides of your refrigerator will also help it run less often. Avoid repeatedly opening and closing the refrigerator.
- **Wash and dry full laundry loads in cold or warm water – not hot.**
- **Keep Cool with Your Garbage Disposal.** If your sink has a disposal unit, use cold water when operating. This saves energy used to heat the water, and is more effective at removing grease. Grease solidifies under cold water and is more easily ground up and washed away.

Water Heating

- Turn down the temperature setting. You may be surprised how low you can turn your water heater and still get water hot enough to serve your needs—all you need is 120° to 125°.
- A dripping hot water faucet can cost over \$35 a year. Fix it. Usually all it takes is a new washer.
- A water-saving showerhead can save \$40 a year.

Appliances

- Turn up the temperature a little in your refrigerator and save quite a few dollars.
- If you need a new refrigerator, take a minute to ask the dealer about energy efficient models. The savings are astounding.
- Save half the energy your dishwasher uses by not using the dry cycle.
- Turn off/unplug appliances you're not using, especially while you're away for a few days (don't forget the waterbed, it's a real energy hog).