

# ENERGY

Calculate your carbon footprint [here](#).

## Easy ways to save energy at home:

Turn down Water Heater to 120 degrees

Adjust your thermostat by 2 degrees (or more) than normal

Add [correct amount of insulation](#) to your attic

Switch to LED light bulbs

Use wool dryer balls to reduce drying time

Reduce leakage of warm or cold air by:

- Weather-stripping

- Door Sealing

- Window Caulking



## TIPS FOR CUTTING YOUR HEATING BILLS

In winter months, open your curtains during the day to naturally heat your home and close them at night to keep the heat inside.



Use a programmable thermostat to set your heater back while you are away or asleep.



Consider air sealing your home and adding insulation to your walls and attic to help retain your home's heat. Up to 25 percent of your home's heat is lost through small cracks and holes throughout your home.

Seal your air ducts, and make sure they are properly insulated when they are installed in an unheated area of the home, such as an attic or crawlspace.



Weatherstrip around your doors and windows to keep warm air from escaping.



Set your ceiling fan to spin clockwise to blow the rising hot air down.



Make sure your chimney is clean.

Sources: Energy Saver ([www.energy.gov/energysaver](http://www.energy.gov/energysaver)), Weatherization Assistance Program Technical Assistance Center (<http://waptac.org/>) and U.S. Energy Information Administration ([www.eia.gov](http://www.eia.gov)).

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## Tips for Lowering Your Cooling Costs

Install and set a programmable thermostat – it could help you save up to 10 percent on heating and cooling costs a year.

Use a fan. Ceiling fans will allow you to raise the thermostat setting about 4 degrees without impacting your comfort.

Insulate your attic and walls, and seal cracks and openings to prevent warm air from leaking into your home.

Insulate and seal ducts – air loss through ducts accounts for about 30 percent of a cooling system's energy consumption.

Don't heat your home with appliances. On hot days, consider using an outdoor grill instead of your oven.



Install energy-efficient window coverings that let natural light in and prevent solar heat gain.

Buy an ENERGY STAR-qualified AC unit – on average, they're up to 15 percent more efficient than standard models.

Use the bathroom fan when taking a shower or bath and a range hood when cooking – this helps remove heat and humidity from your home.

SOURCES: Energy Saver ([www.energy.gov/energysaver](http://www.energy.gov/energysaver)), the Energy Department's Building Technologies Office ([www.energy.gov/eere/buildings/building-technologies-office](http://www.energy.gov/eere/buildings/building-technologies-office)), Energy Star ([www.energystar.gov](http://www.energystar.gov)), Weatherization Assistance Program Technical Assistance Center ([www.waptac.org](http://www.waptac.org))

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## Consider Buying Renewal Energy Credits (RECs) for your Home Use:

Learn about Offsets and RECs [here](#)



[See this video for description.](#)

[Arcadia Power](#) offers programs to buy renewable energy for your home and links your bill to Dominion Power.

# Consider becoming an Energy Master



## Faith Alliance for Climate Solutions & Interfaith Power and Light DC. MD. NoVA Energy Efficiency Training for Congregations



Since 2011, the award-winning Arlington Energy Master's program has been promoting a more energy efficient and sustainable community by training volunteers in energy efficiency and water conservation techniques and in delivering community education and outreach programs. Faith Alliance for Climate Solutions (FACS) and Interfaith Power and Light DC. MD. NoVA are partnering with Energy Masters and Rebuilding Together to offer four-hour training for groups of adults and teens in faith communities.

Modeled after the Master Gardeners and Master Naturalists programs, trainees receive comprehensive energy efficiency training and then volunteer with Rebuilding Together to apply their skills helping low income, elderly and disabled residents of Northern Virginia to reduce their energy bills and cut wasted energy. The supervised service projects will provide opportunities for members of your congregation to hone their skills and develop their expertise so that they can comfortably and confidently serve the community.

Specifically, Energy Masters trainees will learn how to:

- seal air leaks around doors, windows, and electrical switch plates with foam adhesive and caulk
- install gaskets behind light switch and electrical outlet plates
- install faucet aerators and low-flow shower heads
- replace traditional incandescent light bulbs with more efficient, long-lasting LEDs
- install flow restrictors in toilets
- provide energy efficiency and water conservation education and outreach in schools, to community groups, and to individual residents and families in affordable housing apartments

