FOR OUR PLANET:

Saving energy at home

Heating and cooling

- Set your thermostat to these recommended temperatures*: 

  Heating  
  Day  68°F/20°C  78°F/26°C  
  Night 62°F/17°C  82°F/28°C  

- Warm and cool your home naturally by opening blinds and windows! 
- Set your thermostat back 7-10°F during the day to save energy.

TVs and game consoles

- Turn down the brightness of your TV – Factory settings are usually brighter than needed. 
- Use energy saving features such as backlight settings, turning off voice command mode, etc. 
- Don’t leave your devices turned on all day – only switch on when in use.

Bathroom

- Check the temperature on your water heater and set it to 122°F/50°C. 
- Turn off your bathroom ventilator/fan 15 minutes after you’re done taking a shower.

Electronics, appliances, and lighting

- Plug electronics into a power strip and turn off the power strip when the electronics are not in use. 
- Use cold water in your washing machine. 
- Throw 2 tennis balls in your dryer to reduce drying time. 
- Use as much natural lighting as possible. It’s better for you and saves energy.

Kitchen

- Dust off the top of your refrigerator and coils to keep it running efficiently and cool. 
- Set your refrigerator temperature to the manufacturer’s recommendation. 
- Don’t open the oven door while food is cooking. 
- Turn off heat dry on your dishwasher and air dry instead.

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