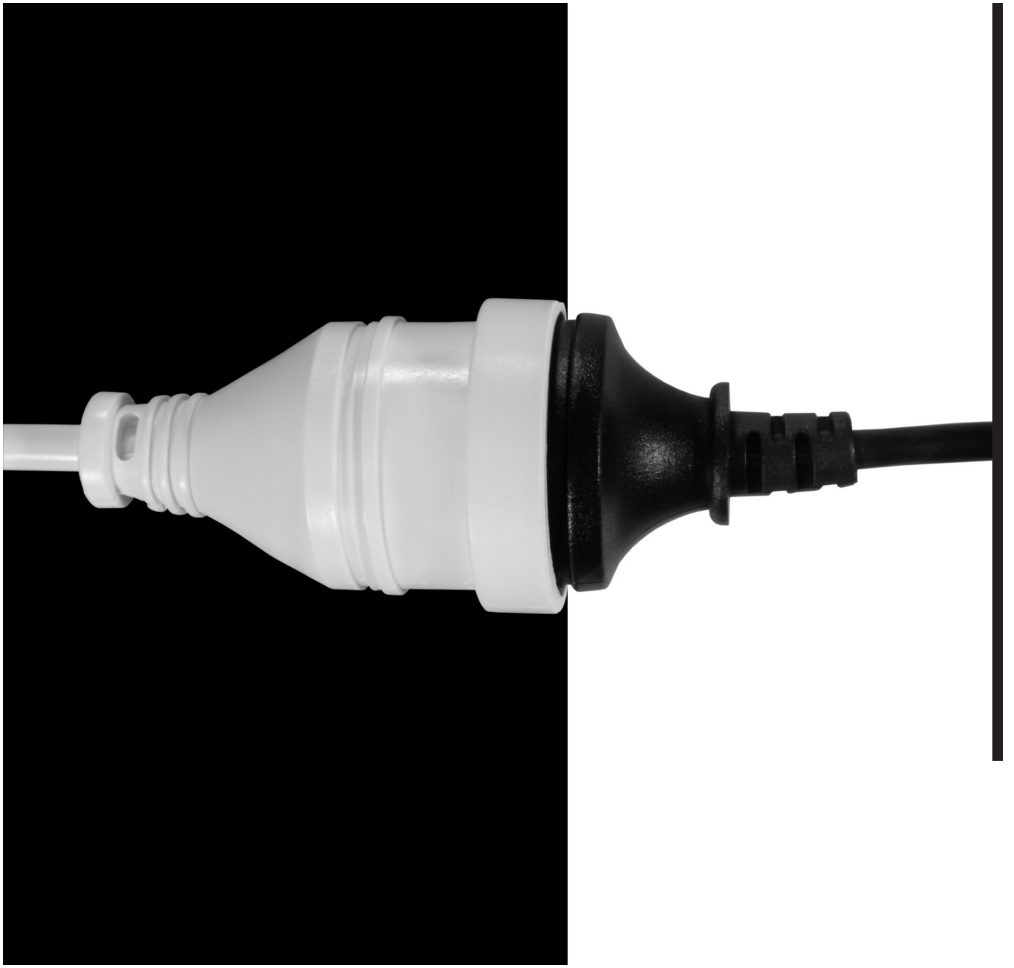

ENERGY

Conserve Energy and Save Money

Are your finances in a constant state of turmoil?

Your energy bills can be a large monthly expense. Every little action you do to use less energy can make a difference in your pocket book. It may be as easy as turning off the lights. Read on for more low to no-cost solutions that will help you conserve energy and save money!

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Energy savers for your appliances and electronics:

- Turn off your monitor when away from your computer for 20 minutes or more
- Turn off your computer when not in use for over 2 hours
- Use the 'cool down' cycle on your dryer to allow clothes to finish drying with heat that is left in the dryer
- Clean out the lint filter on your dryer after each load
- Use a clothesline to dry your laundry

A plugged-in appliance is constantly pulling energy from the outlet. Plug your appliances into a power strip and turn it off when not in use.

Energy savers for your kitchen:

- Avoid using pots and pans that do not fit the burner size of your stove top
- Use a toaster oven when cooking small dishes instead of using a large oven
- Avoid preheating your oven if the food requires an hour or more of cooking time
- Do not use your oven to heat the kitchen
- Run the exhaust fan while you are cooking
- Make sure that your refrigerator door is closed tightly
- Scrape dirty dishes before placing them in your dishwasher
- Air dry your dishes instead of using your dishwasher's dry option

Avoid opening the door of your oven while you are baking

Wash full loads of dishes in dishwasher

Energy savers for water:

- Tighten leaky faucets or collect dripping water and pour on plants
- Lower thermostat on water heater
- Use a cold or warm water setting instead of hot on your washing machine
- Take showers instead of baths

Energy savers for your car:

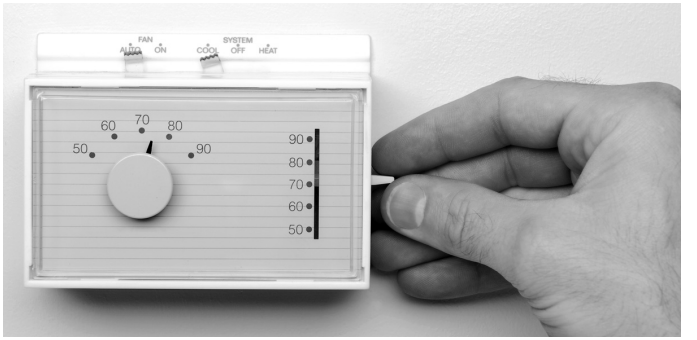
- Avoid speeding and excessive acceleration
- Keep tires properly inflated and rotated to maintain the car's proper gas mileage
- Use grade of motor oil recommended by manufacturer
- Remove unnecessary items from vehicle to avoid decrease in gas mileage
- Avoid idling vehicle

Energy savers for lighting:

- Turn off any lights that are not in use
- Use compact florescent bulbs instead of incandescent bulbs
- Use natural light when available

Energy savers for the summer:

- Avoid placing lamps or tv sets near the air-conditioning thermostat
- Set thermostat to 75° or above
- Close blinds during the day
- Close bathroom door after showering and run exhaust fan to prevent humidity from entering home



Open blinds and drapes during the day in winter but close blinds and drapes during the day in the summer.

Energy savers for the winter:

- Open blinds and drapes during the day
- Close blinds and drapes at night
- Use a 'draft dodger' around your doors and windows
- Set thermostat at a lower temperature when the home is empty or at night (65° recommended)
- Leave your bathroom door open after showering to release humidity to your home

How to calculate your energy:

Using some simple math, you can determine how much energy your appliances are using and how much you are paying for it. Here's what you need to know to get started:

- Number of watts for appliance
- Amount of time that appliance is on
- Utility rate

The number of watts that your appliance operates on can usually be found on the bottom, back, or nameplate of the appliance. Enter this number and the amount of time the appliance is used into the following equation:

(Wattage x Hours Used Per Day) / 1000* = Daily Kilowatt-hour (kWh) consumption

*1 kilowatt (kWh) = 1,000 Watts

For example, your fan may run at 200 watts for about four hours a day. Your equation would look like this:

(200 x 4) / 1000 = 0.8 (kWh)

To calculate how much your fan costs to run, multiply 0.8 (kWh) by the rate of your utility company. In this example assume your utility rate is 8.5 cents per (kWh). Your equation will look like this:

0.8 (kWh) x $.085 = $.068 a day

Multiply $.068 by the number of days your fan is on to find out how much the fan is costing you per year to run. Assume your fan is on 120 days per year in this example. Your equation will look like this:

$.068 x 120 = $8.16

On a daily basis your energy consumption may not seem all that costly, however within a year it racks up quickly. To cut costs try running your fan less often. If your fan had been on for three hours a day for 120 days, instead of four hours, then your bill would have been $6.12.

If you are unable to find the wattage of your appliance here are some standard ranges for common appliances:

Aquarium	50-1210
Clock radio	10
Coffee maker	900-1200
Washing machine	350-500
Dryer	1800-5000
Dishwasher	1200-2400
Dehumidifier	785
Electric blanket	100
Ceiling fan	65-175
Window fan	55-250
Hair dryer	1200-1875
Portable heater	750-1500
Clothes iron	1000-1800
Microwave oven	750-1100
Stereo	70-400
Refrigerator	725
Toaster	800-1400
Toaster oven	1225
Vcr player	17-21
Dvd player	20-25
Vacuum cleaner	1000-1440
Cpu (awake/asleep)	120/30
Monitor (awake/asleep)	150/30
Laptop	50
19" tv	65-110
27" tv	113
36"tv	133
Flatscreen tv	120







For more information on Conserving Energy and Saving Money, visit:

- **United States Department of Energy**
  http://www.doe.gov/
- **MissouriFamilies**
  http://missourifamilies.org/housing/energypubs/
- **University of Missouri Extension**
  http://extension.missouri.edu/

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