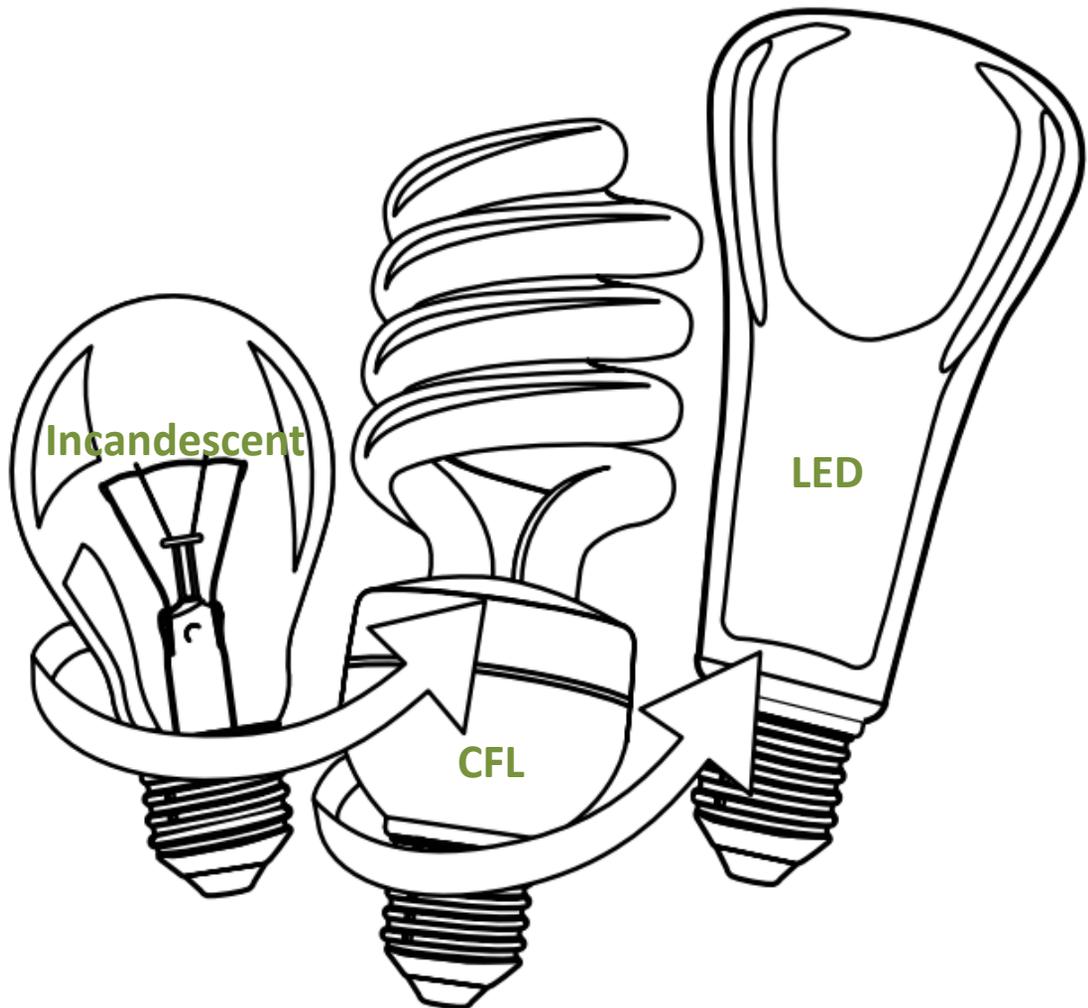




# Make the SWITCH.



Energy-efficient light bulbs such as compact fluorescent lamps (CFLs), and light emitting diodes (LEDs) use up to 80% less energy than traditional incandescent light bulbs and can last up to 25 times longer. **Save Energy, Save Money, Make the Switch!**

First Name: \_\_\_\_\_ Age: \_\_\_\_\_



Go Green  
WITH MID

# Energy Saving Tips

## Lighting

- ✓ Use task lighting. Only use light where needed instead of illuminating an entire room.
- ✓ Open blinds and shades, letting natural light brighten up your home.
- ✓ Consider three-way lamps. Using softer lighting levels when bright light isn't needed uses less energy.
- ✓ Install CFL and LED lighting.

## Laundry

- ✓ Wash full loads. It takes about the same amount of energy to wash small loads as large ones, so get the most for your money.
- ✓ Clean the lint from the clothes dryer after each load. The dryer's efficiency decreases when lint builds up over the filter.
- ✓ Dry similar types of fabrics together. Some fabrics can be dried at lower temperatures than others.
- ✓ Line-dry clothes. This can save up to 5 percent on your energy bill.
- ✓ Clean the dryer's outside exhaust. A clogged exhaust lengthens drying time, using more energy.

## Refrigeration

- ✓ Adjust refrigerator temperature settings. Optimum refrigerator range is 37 to 40 degrees Fahrenheit and optimum freezer range is 0 to 5 degrees Fahrenheit.
- ✓ Clean refrigerator coils at least twice a year. Accumulated dirt and dust reduce refrigerator efficiency. Cleaning the coils can also extend the life of your refrigerator.
- ✓ Regularly defrost your freezer. Frost buildup causes the motor to work harder, increasing energy use.

## Cooking

- ✓ Cook with a full oven. If cooking multiple dishes, set oven to average cooking temperature of the dishes and cook dishes simultaneously.
- ✓ Don't peek. Opening and closing the oven door lengthens the cooking time, using more energy.
- ✓ Use cooking time wisely. Turn off electric range two to three minutes before time is up and let the residual heat finish cooking the dish.
- ✓ Use leftover heat as a food warmer once oven is turned off.
- ✓ Use microwave ovens whenever possible.
- ✓ Use pots and pans that fit the burners. Proper fitting pans absorb more energy, reducing the amount of heat that is lost.