



2024

ENERGY SAVERS CALENDAR

SAMPLE

2024

ENERGY SAVERS CALENDAR

Every month you pay to power your home.

You pay for electricity. You pay for heat. You pay for hot water. All of those costs add up. But most families can save money on their energy bills by taking simple steps to reduce their energy use. These don't involve expensive equipment, and they won't take a lot of time.

This calendar offers a full year of energy-saving suggestions that will make your home more efficient, safer, and more comfortable.

Each month, you'll find information you can use to reduce your home's energy bill, including ways to save on lighting, appliances, water, and heating. December focuses on how to safely use energy in your home, and September includes ways your children can get involved.

Put this calendar in a place where you can see it every day. Follow these tips to see savings each month.

Need Helping Paying Your Bills?

All states have programs to help families pay or lower their energy bills, including weatherization assistance to reduce the amount of energy you use. Check with your local community action agency to see if you are eligible for assistance, or call the National Energy Assistance Referral (NEAR) toll-free number: 1-866-674-6327.

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| January | Lighting |
| February | Appliances |
| March | Laundry |
| April | Water |
| May | Dishes |
| June | Summer |
| July | Cooking |
| August | Refrigerator |
| September | Kids |
| October | Heating |
| November | Winter |
| December | Safety |

LIGHTING

Turn off the lights when you're not using them.

Consider light-emitting diode (LED) bulbs.

Switch to ENERGY STAR® certified LED bulbs. LEDs make more light with less electricity. An LED lightbulb uses only 9 watts to produce as much light as a 60-watt incandescent bulb. Plus, LEDs last longer. A 60-watt incandescent bulb usually lasts about 1,000 hours before burning out. LEDs can last 25,000 hours or more! LEDs will save you money. LEDs cost a little more, but they save so much electricity that they pay for themselves through energy savings. An LED bulb cuts energy use by 80% or more.

Check the color temperature. Why? Lightbulbs can emit different colors of light. It's important to pick the color temperature that you like best. Lightbulb manufacturers label the color temperature of bulbs in three categories: warm white, cool white, and daylight. Traditional incandescents are in the same color temperature range as warm white bulbs.

Keep bulbs clean.

Dust can cut light output by as much as 25%.

Open your curtains to let in daylight.

Make use of natural light from the sun and turn off your lights to save energy.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

New Year's Day 1

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Martin Luther King Jr. Day

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JANUARY
2024

SAMPLE

APPLIANCES

There are two price tags on an appliance.

The first is the price to buy it and the second is the price you pay for the energy to run it. Over the lifetime of an appliance, you may spend much more money to run it than you did to buy it.

Look for the ENERGY STAR® label.

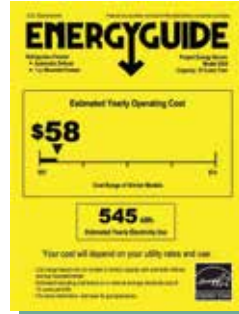
Certified products such as appliances, ceiling fans, and electronics meet energy-efficiency guidelines set by the U.S. Environmental Protection Agency and the U.S. Department of Energy.

Go to www.energystar.gov for a complete list of ENERGY STAR® certified products.

Check the cost of running an appliance.

Take a look at the EnergyGuide label for a refrigerator on this page. It tells you the refrigerator uses 545 kWh each year and costs about

\$58 to operate. Similar fridges with the same size and configuration cost up to \$74 per year—a big difference over the lifetime of the appliance.



SUNDAY

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WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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| | | | | 1 | Groundhog Day 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | Lunar New Year 10 |
| 11 | 12 | 13 | Valentine's Day Ash Wednesday 14 | 15 | 16 | 17 |
| 18 | Presidents' Day 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | | |

2024
FEBRUARY

LAUNDRY

Ninety percent of the energy used by washing machines is for hot water, so washing on the cold cycle will save you money.

Wash only full loads.

Many machines use about the same amount of water whether you wash a full load or just one item.

Set your machines to the most efficient settings.

Some washers and dryers allow you to set usage based on the size of the load.

Use the moisture sensor feature on your dryer, if there is one.

The moisture sensor feature prevents you from overdrying your clothes.

Clean the dryer lint filter after every load.

Clogged filters drive up drying costs.

Check your outside dryer exhaust vent.

Make sure your exhaust vent opens and closes freely. Replace the vent if it doesn't close tightly so outside air won't get into your house.

Dry clothes outside in good weather.

Using the sun's energy to line dry will save you money and leave your clothes smelling fresh.

Buy an ENERGY STAR® certified washer.

It will use about half the water and electricity of a standard washer.



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| Ramadan Begins at Sunset | | | | | | | |
| Daylight Saving Time Begins | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| St. Patrick's Day | 17 | 18 | Spring Begins | 19 | 20 | 21 | World Water Day |
| 24 Palm Sunday | | | | | | | |
| Easter | 31 | 25 | 26 | 27 | 28 | Good Friday | 29 |
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MARCH
2024

WATER

Turn the water heater thermostat down to 120°F.

This saves energy and prevents minor burns. However, if your dishwasher doesn't have a booster heater, you should leave it set to 140°F.

Insulate water heaters and pipes.

Some water heaters need insulation to keep heat from escaping. If your tank's R-value is less than 24, you can prevent 25%–45% of heat loss by adding more insulation.

Buy the right size water heater.

The water heater is the second largest energy user in the home, so it shouldn't be larger than required for your household needs. Also consider switching to a tankless water heater, which can save 10%–15% on energy costs.

Install low-flow faucet aerators.

They will reduce the amount of water released.

Repair leaky water faucets.

Thirty drops a minute can waste up to 50 gallons a month.

Use your dishwasher's energy-saving settings.

Use the light wash setting to save water, and use the no-heat drying feature to save energy.

Decrease water use in faucets or appliances that use hot water.

When you use water, you pay for both the water and the energy to heat it. Cutting back on your water use means big savings.

Look for rebates on ENERGY STAR® heat pump water heaters.

You may be able to reduce your costs by taking advantage of rebates.

SUNDAY

MONDAY

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WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April Fools' Day 1

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Earth Day
Passover
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at Sunset

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APRIL
2024

MORE WATER TIPS

Install low-flow showerheads.

They use one-third to one-half the water that regular showerheads use.

Here's how to find out if you have a low-flow showerhead:

1. Place a gallon bucket (or one marked in gallon increments) under your showerhead.
2. Turn on the shower at full pressure.
3. Time how long it takes to fill the bucket. If it takes less than 20 seconds, you could save water by installing a low-flow showerhead.



SAMPLE

DISHES

Wash only full loads in the dishwasher.

It costs exactly the same to wash one dish as a whole load.

Air dry dishes.

If the dishwasher has an air-dry feature, use it.

Fill the dishwasher according to the manufacturer's instructions.

This will allow the machine to properly clean the dishes.

Use energy-saving cycles whenever possible.

Use water temperature-boosting features.

If your dishwasher has a booster heater, then you can lower the thermostat on your water heater to 120°F. It takes less energy for the booster to heat water in the dishwasher to 140°F than for the water heater to keep all water at 140°F all the time. Check the dishwasher's manual for the recommended minimum water temperature.

If washing by hand, rinse dishes in groups.

And don't leave the water running.



SUNDAY

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SATURDAY

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| Cinco de Mayo 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| Mother's Day 12 | 13 | 14 | 15 | 16 | 17 | Armed Forces Day 18 | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| 26 | Memorial Day 27 | 28 | 29 | 30 | 31 | | |

MAY
2024

SUMMER

KEEPING COOL WITH AIR CONDITIONING:

Buy an ENERGY STAR® certified air conditioner.

Room air conditioners that have earned the ENERGY STAR® certification use 9% less energy than conventional models.

Install a programmable thermostat.

Make sure it's programmed to automatically turn back the cooling when you are not home and when you are sleeping.

Set the thermostat at 78°F, or higher if you use ceiling fans.

You can save 3%–5% on your air conditioning costs for each degree you raise the thermostat in the summer.

Keep filters clean.

Check furnace and air conditioner filters monthly, or as recommended by the manufacturer. Clean or replace them as needed.

Use the auto fan setting.

KEEPING COOL WITHOUT AIR CONDITIONING:

Use fans.

You can use circulating fans near open windows at night to help rid the house of daytime heating. Ceiling fans make you feel about 4°F cooler than the actual temperature by moving air across your skin—but they do not lower the actual temperature of the room. Be sure to turn ceiling fans off when you leave a room.

Close windows and shades during the day.

At night, open windows opposite one another for cross-ventilation.



SUNDAY

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| Father's Day 16 | 17 | 18 | Juneteenth 19 | Summer Begins 20 | 21 | 22 |
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JUNE
2024

COOKING

Use glass or ceramic pans in ovens.

They heat faster than metal pans. This is why brownie recipes calling for a baking temperature of 350°F adjust to 325°F when a glass pan is used.

Always take care when cooking.

It is the number one cause of home fires in the United States.

Use toaster ovens, crockpots, and microwaves.

They use less energy than the stove or oven when you are cooking small or medium-size meals.

Don't peek.

You lose heat every time you open the oven door or lift a pot lid.

Keep oven preheating to a minimum.

Preheat only if you are baking bread or pastries.

Use the smallest pans possible.

Smaller pans take less energy to heat.

Use lids.

They help to cook the food quicker by keeping the steam in the pot or pan.

Clean the burner pans on your stove.

When clean, burner pans reflect heat back up to pots and pans.

Keep the inside of your microwave clean.

It will cook your food more efficiently.

Keep racks clear.

Foil on oven shelves blocks heat and costs money.



SUNDAY

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WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Independence Day

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JULY
2024

SAMPLE

REFRIGERATOR

Decide what you want from the refrigerator before you open the door.

Every second the door is open, cool air is escaping.

Cover and wrap food.

Uncovered foods and liquids release moisture, which makes the fridge work harder.

Check the temperature.

You are losing money if your fridge is lower than 37°F. The freezer should be between 0°F and 5°F. To check the temperature, put a thermometer in a glass of water in the center of the refrigerator and another thermometer in a glass of cooking oil between packages in the freezer. Read them after 24 hours.

Defrost manual-defrost refrigerators.

Frost makes these models less efficient and spoils food.

Check the door seals.

Close the refrigerator door on a piece of paper that is half in and half out of the refrigerator. If you can remove the paper easily without opening the door, you need to adjust the door latch or replace the seals.

Unplug your second, older refrigerator!

It can cost between \$100 and \$200 a year to keep a second fridge plugged in. Always remove the door when you unplug an unused fridge so that children cannot accidentally be caught inside.

Buying a new refrigerator? Get an ENERGY STAR® certified model.



SUNDAY

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2024
AUGUST

KIDS

Turn off the stereo, TV, computer, and video game console when you stop using them.

Remember to turn off the lights, too!

Set your video game console to auto-shutdown mode so it powers down when no one is playing.

Unplug your cell phone and tablet when they're done charging so they don't waste energy.

Take short showers.

Short showers use less hot water than baths.

Check for problems that adults haven't seen.

Look for leaks and dripping faucets. Drips also waste energy used to heat the water.

Share rides with friends to after-school activities.

Decide what you want from the fridge before opening the door.

Feeling cold in the house?

Don't turn up the thermostat. Try wearing a sweater or sweatshirt instead.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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SATURDAY

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Labor Day

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Autumn Begins 22

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SAMPLE

2024
SEPTEMBER

HEATING

Turn your thermostat down 5 degrees.

Each degree saves about 2% on your heating bill. Five degrees would save about \$100 on a \$1,000 annual heating bill. Install a programmable thermostat for gas or oil heating and it will do the work for you.

Make sure heat can get into the room.

Keep furniture and drapes from blocking radiators, heat registers, and return vents.

Consider purchasing a heat pump for dependable and efficient heating.

Cold climate heat pumps are now available as well.

Have a professional tune-up and inspect your furnace.

An oil-burning furnace should be checked once a year, and gas-burning furnaces should be checked every two or three years. This can save up to 10% on your heating costs.

If you have hot water or steam heat, check water levels.

A heating contractor can tell you how to add more water and give you some tips to make your system work better.

If you have a forced-air furnace or a heat pump, check the filter each month.

Clean or replace it as needed.

Never use the stove to heat your home!

It's expensive and very dangerous.



SUNDAY

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| | | | 1 Rosh Hashanah Begins at Sunset 2 | | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | Yom Kippur Begins at Sunset 11 | 12 | |
| 13 Indigenous People's Day | 14 Columbus Day | 15 | 16 | 17 | 18 | 19 | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| 27 | 28 | 29 | 30 | Halloween 31 | | | |

OCTOBER
2024

MORE HEATING TIPS

Use a space heater that meets the latest safety standards.

The standards have recently been updated to ensure greater safety.

Place space heaters in an open area.

They should be placed on a level, hard, nonflammable surface so air can circulate around them. Keep them at least three feet away from flammable materials.

Turn off the space heater when you leave the room or go to sleep.

It is important to use precautions when purchasing and using space heaters. Don't place a space heater near anyone who is sleeping. Every year, space heaters cause fires and carbon monoxide poisonings around the country.

SAMPLE

WINTER

Install a programmable thermostat.

If you use a programmable thermostat, make a schedule and stick to it. Program it to lower the heat two hours before you go to bed and increase it just before you wake. Lower the heat during the day if no one will be home for four or more hours. This doesn't apply to heat pumps, which operate most efficiently when they stay at a consistent temperature.

Check to see if cold air is entering your house.

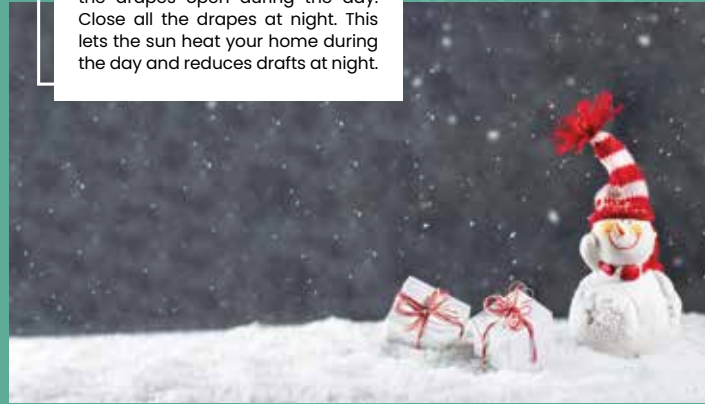
If your house is drafty, you may need to seal air leaks and install additional insulation. Get a certified energy auditor to assess your house and suggest improvements.

Install storm windows and doors.

They pay for themselves by keeping cold air out and by preventing moisture from collecting on the windows. Remember to take them down once summer begins.

Use drapes.

Where windows face the sun, keep the drapes open during the day. Close all the drapes at night. This lets the sun heat your home during the day and reduces drafts at night.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Daylight Saving
Time Ends

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Veterans Day

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Thanksgiving
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NOVEMBER
2024

MORE WINTER TIPS

Repair cracks in windows, and caulk and weather-strip leaky frames.

Even a small crack drives up fuel bills. Got a loose window? Install weather stripping. It helps to keep cold air out of the house. If your window frames have gaps, they are probably leaking cold air into your home.

Clean and close your fireplace.

Call a professional chimney sweep to perform your annual fireplace inspection. Remember to close your fireplace flue when it is not in use to keep drafts out.

FIND OUT IF YOU QUALIFY FOR THE WEATHERIZATION ASSISTANCE PROGRAM OR FOR TAX CREDITS.



SAFETY

Invest in smoke detectors and carbon monoxide alarms.

Install smoke detectors on every level of your house and outside each sleeping area. Replace the batteries twice a year (unless you have a new model with a 10-year battery). Carbon monoxide alarms notify you when a defective heater that burns natural gas, oil, propane, wood, or kerosene is emitting this odorless gas into your home. (Symptoms of carbon monoxide poisoning include dizziness, fatigue, headache, nausea, irregular breathing, and confusion. If you think you have the flu but get better when you leave the house, carbon monoxide may be the cause.)

If your carbon monoxide detector goes off, or if you suspect carbon monoxide poisoning, move everyone outside, call 911, and wait until emergency responders tell you it's safe to go back inside.

Have your home tested for radon.

Radon is a radioactive gas that in high concentrations can lead

to lung cancer. It exists naturally in the soil and can enter your home through basement cracks, joints, and gaps. If radon levels in your home are high, you'll need to install a radon-reduction system.

Use caution when handling appliances and electrical equipment.

Never insert metal objects into appliances—e.g., a knife into a toaster—and always unplug appliances before handling them. Never touch appliances, wires, or electrical switches with wet hands.

Check wires for signs of wear.

Replace them if they are cracked or frayed. Prevent damage by never pulling plugs out by the cord.



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Winter Begins 21

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Christmas Day

Hanukkah Begins at Sunset

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Kwanzaa Begins

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New Year's Eve 31

2024
DECEMBER

MORE SAFETY TIPS

Don't overload outlets by plugging too many devices into one outlet.

Clear the area around heating systems.

The system needs air to burn fuel. Never store combustibles near a furnace. And make sure your heating system is properly vented to the outside to prevent buildup of carbon monoxide indoors.

Keep everyone away from downed wires.

Call 911 if there is a fallen power line near your home.

Never leave an engine running in an attached garage.

This includes snow blowers, lawn mowers, cars, or anything else with an internal combustion engine. Don't do it even if the garage door is open.

Use safety caps in electrical outlets.

It's especially important when small children live in your home.



RESOURCES

To learn more about saving energy in your home, visit these sites:

American Council for an Energy-Efficient Economy: www.aceee.org

U.S. Department of Energy: www.energy.gov

ENERGY STAR®: www.energystar.gov

Alliance to Save Energy: www.ase.org

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