

## **LIHEAP**

LIHEAP, the Low Income Home Energy Assistance Program, provides financial assistance to help low-income residents pay utility bills.

### **To schedule a LIHEAP appointment:**

Call 502-991-8391

Or schedule online at:

[Louisvilleky.cascheduler.com](http://Louisvilleky.cascheduler.com)

### **For more information call:**

Call 311 or 502-574-5000

Or visit our website at:

[www.louisvilleky.gov](http://www.louisvilleky.gov) and search "LIHEAP"

### **Louisville Metro LIHEAP offices:**

#### **Neighborhood Places**

South Central  
4255 Hazelwood Ave.

Bridges of Hope  
1411 Algonquin Pkwy.

Ujima DuValle Education Center  
3610 Bohne Ave.

Northwest/Academy of Shawnee  
4018 W Market St.

#### **East Office**

Newburg Community Center  
4810 Exeter Avenue

#### **South Office**

Southwest Government Center  
7219 Dixie Hwy.



## OFFICE OF **RESILIENCE AND COMMUNITY SERVICES**

# **ENERGY SAVING TIPS AND INFORMATION**





## Lighting Tips

Lighting costs add from 10 to 20% to your electric bill. Saving money on lighting is a bright idea for cutting costs around the house.

- Change from incandescent light bulbs to compact florescent light bulbs (CFLs). They now come in a soft yellow color similar to traditional bulbs, and have designs that fit almost any fixture. They use about 75% less electricity than incandescent bulbs and last 10 times longer, so their cost quickly pays for itself in savings. Even if you only change the bulbs in the 5 lights you use the most, you'll see the savings.
- CFLs also don't put out heat like incandescent light bulbs, so using them will keep rooms cooler in the summer.
- Your parents were right—turn off lights when you leave the room. Use timers or motion sensors if you forget to turn lights off or want outdoor safety lights on for part of the evening.
- Dimmers and three-way lights allow you to use the right amount of light for the task inside, and motion sensors can save energy outdoors.
- Use natural light as much as you can during the day. Light colored, loosely woven curtains can add privacy if needed while still letting in the light. Follow the light around the house. Use east-facing rooms in the morning and west-facing rooms in the late afternoon.
- Use task lighting rather than whole room lighting. Reading lamps or desk lamps are often all the light you need.
- For rooms where you do need to light a larger area, use one large wattage bulb rather than several smaller ones. A single 100-watt bulb puts out more light, and uses less energy than two 60-watt bulbs. And remember to use CFLs or LEDs.
- Learn to read light bulb packages. Light is measured in lumens. You want to get bulbs with the most lumens per watt for the best electricity savings.

## Need help managing your energy usage?



### LG&E's WeCare Program

WeCare (Weatherization, Conservation Advice and Recycling Energy), is designed to create savings through weatherization and energy education to help income-eligible customers in need. The program can also provide a more efficient, safe and comfortable home. More importantly, it teaches LG&E customers learn how to be more efficient – whether it's through your own energy conservation efforts, or through the installation of energy-saving devices.

### **Eligibility requirements include:**

- LG&E and KU electric or LG&E gas customers who have lived in their home for one year with 12 months of continuous service.
- Customer's income must meet the guidelines of the federal government's Low Income Home Energy Assistance Program (LIHEAP).
- Home must not have received WeCare services or an On-Site Home Energy Analysis in the last three years.

Customers who meet the program's requirements are encouraged to call 800-356-5467 or visit [lge-ku.com/wecare](http://lge-ku.com/wecare) to sign up.

### Project Warm

Project Warm provides free weatherization education and services. Learn how to make your home warmer and more comfortable this winter. Project Warm workshops teach how to hang clear interior window covers, give energy saving tips and more...

plus get free supplies to winterize and "do-it-yourself" at home.

Free weatherization supplies include: clear plastic, tape and tacks for windows, and foam rope and more to seal holes around windows and in other drafty spots, etc.

Attendees leave with the knowledge and supplies to take simple, effective energy-saving action at home

Attend a FREE Energy Management Workshop to learn what you can do to make your house or apartment more energy efficient and take home a weatherization kit.

Visit [www.projectwarm.org](http://www.projectwarm.org) or call 502/636-9276 for a list of workshops and for





## Low Cost and No Cost Weatherization Tips

- Caulk windows and door frames to seal cracks and keep in warm air.
- Put weather-stripping around windows and doors.
- Seal areas where floor/ceiling joists meet walls. Seal openings between living areas or spaces.
- Install a low-flow shower head; it can reduce your hot water usage.
- Put plastic over your windows if you have older windows. Purchase a window kit from a hardware or discount store.
- Purchase insulated draperies and hang them over windows. They will help keep warm air from escaping and keep cool air out.
- Insulate your hot water pipes using foam pipe wrap. Use foam spray to seal where water pipes come through the walls.
- Insulate your water heater. You can buy a wrap at hardware and discount stores. Check the manufacturer's label before insulating your water heater.
- Make sure your heat supply and return registers are not blocked by furniture or anything else.
- Turn your water heater to 120 degrees. It is safer and more efficient.
- Set your thermostat five degrees lower at night or when no one is home.
- Install a programmable thermostat to keep your house comfortable year-round.
- Install foam draft stops behind all outside wall switches and outlets. These small pieces of foam will insulate against both summer and winter weather.
- Keep filters clean. Whether you have central heating and cooling, individual, or wall units, be sure to change or clean the air filters monthly. Put a reminder on your calendar or change them each month when you receive your monthly electric bill.



## Saving Energy in the Kitchen and Laundry

Kitchen and laundry chores are work, work, and more work. In addition to costing you time and effort, they also use a lot of energy. Here are some simple ways you can save—at least on your gas and electric bills.

- Make sure pans cover the whole burner on the stove. If you can see the coil or flame from the gas burner peeping out from the sides of your pan, you are losing energy and need a bigger pan.
- Cover pans while cooking to prevent heat loss. Turn off the stove burner a minute or two before you think the dish is done. The remaining heat will finish cooking the dish and you will save energy. That works in the oven as well.
- Try one pot cooking. Stews, soups and other great meals only take one burner or a crock-pot to cook.
- Make more food than you plan to use and freeze your own “fast food.” Reheating takes less energy than cooking. The microwave or the stove use less energy than the oven.
- Keep your refrigerator and freezer full. A full refrigerator will cost less to operate than an empty one. You can freeze containers of water if needed to fill an empty freezer.
- Place your refrigerator away from the oven and dishwasher. They will heat the air near your refrigerator, causing it to run more to keep cool inside. If they must be next to each other, put insulation between them.
- Keep refrigerator coils clean and unobstructed, and vacuum them if needed. Clean around the motor only when the refrigerator is unplugged. A clean refrigerator uses less energy to run.
- Always run the dishwasher and clothes washer with full loads.
- Load the dishwasher right and it will run better. Place the dirtier dishes in the center, and larger items at the sides and back so they don't block water.
- Rinsing isn't necessary. Scrape large chunks of food and let the washer do the rest. You'll save time and hot water.
- Both dishwashers and clothes washing machines run better, last longer and clean better with the right amount of detergent. Most people use more soap than they need, and literally pour money down the drain. Check the instructions for your washer and the label on the detergent you use, and use the right amount.
- Wash clothes in cold or warm water when possible. Save hot water washes for when you need to sanitize your clothes. Always rinse in cold water.
- Run loads of laundry back to back when possible. You'll only heat the dryer once, and that saves money.
- Take clothes out as soon as they are dry. If you fold or hang them up right away, you can save on ironing too.
- Keep your dryer's lint filter and outdoor vent cover clean.
- The best way to save money drying clothes is to use a line or drying rack.

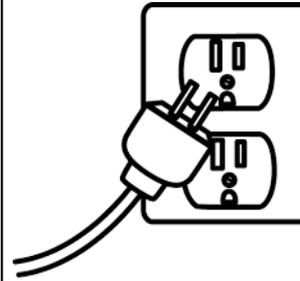
## Summer Tips for Staying Cool and Saving Energy

- Avoid using appliances (dishwashers, dryers) that put off heat and humidity. If you have to, use at night when it is cooler. Air-dry dishes instead of using the drying cycle. Summer is a great time of year to dry clothes outdoors on a clothesline.
- Refrigerators add heat to the house when running. In order to use efficiently and beat the heat, try not to open the door more than you need to. Keep lists of what is inside for your family so they don't stand in front of the open refrigerator looking for snacks.
- Incandescent bulbs put more energy into generating heat than light. If you haven't already, now is the best time to replace them with compact fluorescent light bulbs (CFLs). They burn cool and bright, using only a third of the power.
- Take advantage of summer weather and cook outdoors. Your stove and oven add heat to the house. Too muggy outside? Use a microwave or toaster oven, which use less energy and generate less heat. When using the stove, keep pots covered to cook food faster and add less humidity.
- Close blinds, drapes and shades during the hottest part of the day. This keeps the strong sunlight from heating your home. Exterior awnings over windows help too.
- Fans are a great way to move air around the room, which makes people feel cooler. They don't lower the temperature, so turn them off when no one is there.
- Go downstairs. Warm air rises and cool air sinks. Spend time in the basement or lower levels, especially for sleeping. It will be cooler there. Position a fan in an upstairs window to draw off the heat collected in upper rooms—set it up so that it sucks air from indoors and pushes it outdoors.

### Air Conditioners

- The same rules for keeping your home warm in the winter apply to keeping your home cool in the summer, in reverse. Use a programmable thermostat on your central air conditioner, set it at 78 degrees. Each degree above 75 saves you 3% of the energy used to cool your home.
- Don't put lamps or TV's near your thermostat. The heat they generate will cause the A/C to run longer.
- Plant trees or shrubs to shade outdoor A/C units. A unit operating in the shade uses less electricity.
- A/C works by removing humidity from the air. Sealing your house up will allow them to run efficiently and not cool "new air" that is leaking in from the outdoors. Keep doors and windows closed when the A/C is on.
- Make sure you're not covering ducts with furniture, rugs. Etc.,
- Place your window A/C in a central, not a corner window, to allow for better air movement.
- Seal spaces around window A/C with foam or caulking to prevent cool air from escaping.
- Clean cooling and condenser fans plus coils to keep you're A/C operating effi-

## Beware of Vampires!



An energy vampire is any device or appliance that uses electricity even when it is turned off. It is also called "phantom power". Some examples are:

- Video game consoles, DVRs, VCRs and DVD players
- Cell phone, camera, laptop and MP3 player chargers
- Anything with a standby light or a digital clock, including microwaves and coffee makers
- Anything that turns on instantly with a remote
- Cable and satellite boxes and internet routers
- Digital TV converters
- MP3 or other media players
- Turn off your lights and notice all of the red, blue, green or yellow lights that you see. Vampires can cost you nearly 20% of your electric bill.
- Unplug any chargers as soon as the device is done charging. Don't leave them charge overnight, and don't leave the "wall wart" or "brick" charger plugged in when you are not using it. Or you can plug them into a power strip, and turn the power strip off when done charging.
- Anything with a built in clock, a standby light or that uses a remote can also be plugged into a power strip. Turn the device off by turning the power strip off. Or just unplug the device after you turn it off.
- Some new electronics, including televisions and computers and computer monitors have energy savings settings. Check the user guide or owner manual to see how to set them for energy savings. Laptops use less energy than desktop computers with monitors, by the way.

## Cold Weather Tips

- Open drapes, blinds and curtains during the day to allow the sunlight to enter and warm your home. Close them at night to prevent the chill you may feel from cold windows.
- Adjust your thermostat down two degrees in the winter.
- Weatherize your home — caulk and weather strip doors and windows that may leak air.
- Properly maintain and clean your home's heating equipment.
- Replace furnace filters every 30 days or so. Use the day you receive your bill from us as a reminder that it's time to clean or replace your furnace filter.
- Keep fireplace doors and dampers closed when the fireplace is not in use.
- If using a space heater, make sure it meets the latest safety standards and carries the Underwriter's Laboratory (UL) label. Keep space heaters at least three feet from anything that can catch fire, such as drapes, bed linens and furniture.
- Add blankets to your bed.
- Wear socks and/or shoes in your home during the winter to help you feel warmer.