



MAKE AN IMPACT

Energy Efficient Bulbs

Replace conventional light bulbs with Low Emitting Diode (LED) bulbs that use far less energy than incandescent or compact fluorescent bulbs. When in doubt, ask your hardware store or utility company.

Crank it Down

Set your home heater thermostat to 74° F (23° C) in the Summer and to 68° F (20° C) in the Winter. Lower your water heater thermostat to 120° F (50° C). Lower water temperature saves money and prevents accidental burns.

Keep it Clean

Change your air filters every three months and have your air conditioner and heater serviced at least annually.

FOR YOUR COMMUNITY

Ask your community leaders to:

- invest in clean, renewable solar and wind power to generate electricity instead of burning dirty fossil fuels such as methane, coal, or petroleum
- install public electric vehicle charging stations, saving money for car owners
- switch to electric buses which make less air pollution
- plant trees and create parks for cleaner air and lowering greenhouse gases
- encourage home builders and owners to choose electric stoves, water heaters, and heaters instead of methane ("natural gas") because methane causes children in the home to get asthma, creates air pollution, and worsens climate change



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"Your Healthy Home" brochures are provided by seventeen health professional organizations and by supporters of the My Green Doctor Foundation, Jacksonville, Florida, USA.

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YOUR HEALTHY HOME

ENERGY CONSERVATION

Take It Home

Saving money, healthier communities.





BACKGROUND

- Most electricity is used in homes and businesses
- Over half of the energy used in a typical home is for heating and cooling
- Most electricity is made by burning dirty fossil fuels such as coal, methane (“natural gas”), or diesel fuel. This produces air pollution that causes asthma, heart attacks, cancer, and climate change.
- A compact fluorescent bulb (CFB) saves \$35-40 over its lifetime compared to an incandescent bulb
- A new solar hot water heater usually pays for itself in five years
- Wind power from seven states could supply all of America’s electricity needs
- A dripping faucet can waste 20 gallons of water per day, and a leaky toilet up to 200 gallons.

QUICK TIPS

Turn it Off

Turn off your television, computer, stereo, and other electronics when you’re not using them. Turn off the lights when you leave a room.

Wash & Dry

Wash only full loads of dishes and laundry. Air dry dishes instead of using your dishwasher’s heated dry cycle. Use cold water instead of hot when you do laundry.

Keep it Cool

Keep your rooms and house cool in the summer by shutting the curtains before you leave home.

Seasonal Dress

Dress lightly in the summer and warmly in the winter instead of adjusting and readjusting your thermostat.

Consider Renewable Energy

Own your home? Ask a solar installer to provide a free quote for solar panels on your roof.

Ask your utility company the cost of paying a bit more for renewable electricity for your home or business.

YOUR BENEFITS

Your Lights

Switching to LED (Low Emitting Diode) light bulbs can save the typical home about \$1,000 over a 10-year period. That’s roughly \$8.33 a month (*USA Today* 11/2017).

Your Thermostat

Increasing your thermostat’s temperature in summer and lowering it in winter can save you up to 10 percent on your monthly utility bill.

Your Water Heater

For every 10 degrees you lower your water heater temperature, you save 3-5 percent in energy costs.

Choose Appliances Wisely

Appliances with the Energy Star label are a bit more expensive to buy but save you lots of money because they use far less energy. Always look for “Energy Star”!



Buy an electric stove instead of one that burns methane (“natural gas”). Methane is more expensive than electricity for most homes, creates more toxic indoor air pollution, and adds more to greenhouse gases and climate change. Look for an “induction” cooktop that heats the cooking pot but not the stove top.

Energy conservation means steps you can take to use less energy, save money, and help create a healthier community by requiring less burning of fossil fuels to make electricity.