

# Gill Challenge to Reduce Energy Use 13% in 2013

## I Pledge to

1. Reduce my energy consumption 13% in 2013
2. Sign up to track my electricity use with Western Mass Saves [www.westernmasssaves.com](http://www.westernmasssaves.com)
3. Educate and inspire myself and others

Take showers that last 5 minutes or less.

Fill a reusable bottle with water and drink from that instead of buying bottled water. Less plastic bottles to make and recycle.

Dry your wash on a clothes line.

Turn off or Recycle the second refrigerator.

In the winter, wear sweaters and set your thermostat between 65 and 68 degrees F during the day and lower it to between 55 and 60 degrees F at bedtime.

Use cloth bags, reusable bags or previously used paper/plastic bags when you go shopping.

Drive the speed limit.

Driving 55 mph will save you up to 30% in fuel costs compared with driving 75 mph. The most fuel efficient range is between 35 and 45 mph.

Buy local food and other goods

Join a CSA or buy from Farmers Markets.

Join a local CSA at [www.buylocalfood.org](http://www.buylocalfood.org)

Can, dry, freeze or store food in a root cellar for the winter months. Preserving food you grow or grown locally in the summer will give you high quality food at a much lower price

When a light bulb burns out, replace it with an energy efficient LED bulb.

Use fans as much as possible instead of air conditioning. Fans cost 30-70% less than air conditioning. They cool you by evaporation.

The average American household uses 55,000 lbs of carbon/yr. Get group support to lower your carbon footprint 13% which will reduce carbon emissions in your home by over 5000 lbs!

Use cold water in your washing machine

Turn off appliances with a power strip or use a smart power strip to power accessories so they shut off when you shut off the TV.

Buy and use a programmable thermostat

Turn the lights off when you leave a room.

Drive fewer miles this year. Car pool and plan ahead to piggyback chores, etc. Walk or bike short distances at first and lengthen as you get in shape. Take the train or bus.

Before you buy a tool that you need for one job, check to see if you can borrow it from a friend.

Buy recycled paper products.

Recycled paper requires 64% less energy and 58% less water, which results in 74% less air pollution. It saves the demand for 17 trees per ton of paper made

Plant a garden.

Even a small garden can grow a lot of food.

Use insulated curtains and or winserts to reduce the need for heating and cooling.

Instructions for winserts

[http://northquabbinenergy.org/wordpress/?page\\_id=13](http://northquabbinenergy.org/wordpress/?page_id=13)

Turn off car engine when idling for 15 seconds or more.

Seal duct work in your forced hot air heating system or insulate heating pipes in the basement.

## *Calculate your "carbon footprint"*

<http://www.epa.gov/climatechange/ghgemissions/ind-calculator.html>

**It is fun and you will find more ways to save energy, money and decrease your carbon footprint, too!**

## **Big Savings that will last for years**

Reduce energy heating and cooling by insulating your home.	20-80% savings on your heating and cooling bills.
Replace old single pane windows with energy efficient double panes, or storm windows or winserts.	5-20% savings on your heating bills.
Replace old appliances with Energy Star appliances.	30-80% energy savings over the old appliances.
Replace your old heating system with an Energy Star certified efficient system.	10-40% savings on your heating bill.
Install a solar hot water heating system.	50-80% savings on your hot water heating costs.
Install a solar electric (photovoltaic) system.	Payback in 5-6 years for a roof mounted system.

**Get a FREE home energy audit through Mass Save to find out how energy efficient your home is.**

**Then cut your energy use and save \$ and be more comfortable. Mass Save will pay 75% of the cost of insulating your home, up to \$2000. In addition, you can apply for up to \$25,000 at 0% interest Heat Loan program for additional energy-saving insulation, high efficiency heating system and solar hot water system.**

**Renters can also request an audit as long as the landlord signs off, and \$2000 is available for EACH rental unit, if the building you live in has 4 or less rental units.**

**Contact: [www.MassSave.com](http://www.MassSave.com) or  
call 866-527-7283**

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