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Winter Survival for the Home and Wallet

Danny Lipford Offers 10 Tips for Saving on Energy Costs This Winter

ST. PAUL, Minn. – December 15, 2009 – With the onset of winter comes the need to prepare the home for cold nights, while simultaneously helping reduce your energy bill. To help your home and wallet survive another winter, there are simple steps you can take such as unplugging appliances and electronics to help reduce energy costs; in fact, according to the U.S. Department of Energy, appliances account for about 17 percent of your household's energy consumption, with refrigerators, clothes washers and dryers at the top of the list¹. Other tasks, like upgrading your light bulbs and weather stripping your home, can also make a difference.

Danny Lipford, host of nationally syndicated *Today's Homeowner with Danny Lipford*, home expert for the Weather Channel and home improvement contributor for the *The Early Show* on CBS, offers these top 10 tips to help you—and your wallet—survive the long winter ahead:

- Tip #1:** Save energy by sealing up cracks and repairing weather stripping on the outside of your home before Old Man Winter blows your way.
- Tip #2:** Set your computer and monitor to go into sleep mode after 30 minutes of inactivity. Unplug – or turn off the power strip for – TVs, chargers and other electronics when they are not in use to save electricity.
- Tip #3:** Upgrade your furnace filter to a quality one – like a Filtrete High Performance filter from 3M – to help reduce indoor airborne particles like dust mite debris, pet dander, pollen and other allergens that may be circulating in your air. Changing your filter at the start of every season may also help your heating and cooling systems run more efficiently and therefore last longer.
- Tip #4:** Turn down your hot water heater to 120° F to help prevent scalding and help reduce your energy bill.
- Tip #5:** Save energy by installing compact fluorescent light (CFL) bulbs. For natural looking light, look for “soft white” CFLs or those in the 2500K temperature range.
- Tip #6:** Open the blinds and curtains on the sunny sides of the house during the day to let the sun heat your home and brighten your day. Close them at night to help hold in the heat.
- Tip #7:** Windows can be a major source of heat loss during the winter. If insulated replacement windows with Low-E glass aren't in your budget, consider hanging quality insulator film— such as a 3M window insulator film —on the inside of your window openings. You can also make draft stopper snakes to put in front of drafty doors and windows from scraps of fabric or old neckties stuffed with sand, gravel or plastic pellets.

¹ U.S. Department of Energy website: <http://www1.eere.energy.gov/consumer/tips/appliances.html>

- Tip #8:** Another area of heat loss is electrical receptacles and switches. Foam insulating kits for plugs and switches are inexpensive and easy to install.
- Tip #9:** Turn paddle fans on low in reverse (clockwise rotation when looking up) so that hot air trapped near the ceiling can recirculate. This is most effective in homes with high ceilings or those without forced air heating.
- Tip #10:** If your appliances have seen better days, replace them with energy efficient, ENERGY STAR rated models. Check to see if your state is offering a Cash for Appliances incentive². Also, take advantage of federal tax credits of \$1,500 or more when you install energy efficient items like insulation, windows and doors, water heaters, furnaces, and wood stoves through 2010³. More information is available at energystar.gov.

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About Danny Lipford

Danny Lipford, a veteran remodeling contractor, is an expert on homes and home improvement. As Host and Executive Producer of the nationally syndicated television show *Today's Homeowner with Danny Lipford*, Danny helps viewers keep up with the latest home trends and understand the steps and products involved with both small and large home projects. In addition, Danny is in his eighth season as home improvement contributor on The Weather Channel and *The Early Show* on CBS where he provides home tips and advice. He is a contributing editor to *Better Homes and Gardens* magazine and his advice has also appeared in *Parade*, *The New York Times* and other publications.

About 3M

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² More With Less Today website: <http://morewithlesstoday.com/cash-for-appliances-kitchen-clunker-rebate-program/>

³ Energy Star website: http://www.energystar.gov/index.cfm?c=tax_credits.tx_index