

Tips:

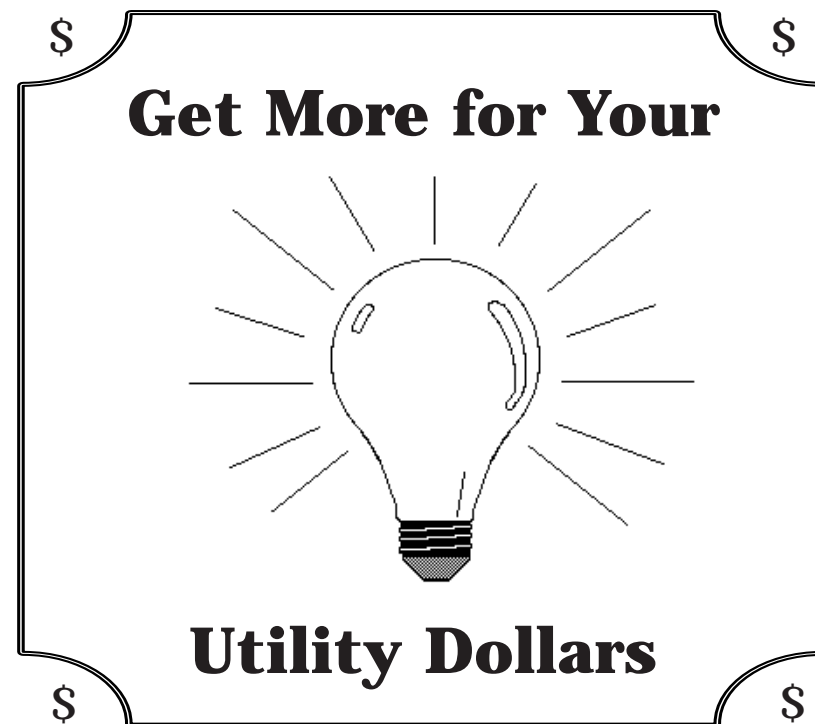
- Talk to your utility company about budget plans, off-peak energy use, energy audits or weatherization programs that are available in your area.
- Layers of clothing will help you stay warmer in cool temperatures.
- Phone costs can be reduced by avoiding the custom calling services, like “call waiting”.
- Cut long distance costs with a plan that meets **your** needs.
- For help planning your spending, contact your local UW-Extension Family Living staff.

Prepared by Carolyn Krueger and Laurie Boyce, Family Resource Management Specialists, University of Wisconsin-Extension. This information is published by the University of Wisconsin Cooperative Extension Service in cooperation with the USDA and Wisconsin counties. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. 8/96



Family Living Programs

MM03: Get More for Your Utility Dollars

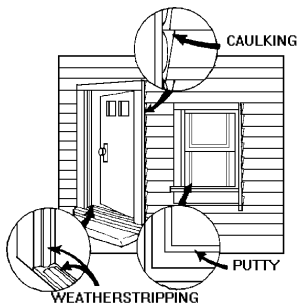


Afford Healthy Food Choices with DOLLAR SENSE

How can I keep my heating and cooling bills down?

Look for a community weatherization program. They may help weatherize your house.

Windows are one of the biggest sources of heat loss. So, plan to:



- Weather-strip or caulk the windows and doors.
- Put plastic on leaky windows.

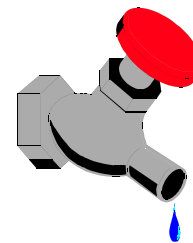
- Close draperies at night to keep in the warm air.
- Talk to your landlord about other ways you can work together to cut heating costs.

Keep the thermostat set at 65° F or lower in winter. *However, elderly people and infants need more heat!*

Close registers and doors to rooms you don't use.

How can I spend less on electricity and hot water?

- Be aware that heating and cooling appliances take the most energy, so use them wisely.
- Use the oven efficiently, by cooking two or three foods at a time.
- Vacuum refrigerator coils regularly.
- Cover foods in the refrigerator to avoid moisture loss and waste of energy.
- Use low watt or energy efficient light bulbs.
- Turn off lights, TVs and radios when not in use.



- Use hot water wisely.
- Keep water at 120° or lower.
- Repair dripping faucets.
- Limit the length of showers.
- Use reduced flow showerhead.
- Do laundry in cold or warm water.