

# LOWER MY BILL TOOL KIT



**ATLANTIC MARINE  
COMMUNITIES** at Westover

Created by  
**lendlease**

The tips below will help reduce the workload on your heating and air conditioning system and in turn reduce your cooling costs.

## Energy Saving Tips

- Keep the fan switch on your thermostat set to “Auto” mode instead of the “On” mode.
- During the summer months, set the temperature on your thermostat a little higher. Most people can be comfortable with a setting of 74-78 degrees Fahrenheit, plus you’ll save up to seven percent of your cooling costs for each degree you adjust the thermostat.
- During the winter months, set the temperature on your thermostat at the lowest comfortable setting. We recommend between 65 and 70 degrees Fahrenheit. Every degree above 70 can increase your cost by up to 10 percent.
- When you leave the home for any period of time, set your thermostat between 74 and 78 degrees in the summer months, and between 65 and 70 degrees Fahrenheit during the winter months. **DO NOT TURN THE HEAT OFF DURING WINTER MONTHS.**
- Check your air filters every month and clean or change as needed. Dirty filters may increase operating costs up to 20 percent or more and may damage equipment.
- Keep exterior doors and windows fully closed and secured when the air conditioning is on.
- Turn off kitchen or bathroom exhaust fans when your air conditioning is on.
- Keep all interior doors open in your home to increase airflow.
- Contact AMC Maintenance to caulk, seal, or weather-strip leaky windows, doors or openings from your home to the outside. Eliminating air leaks in your home can save you up to 10 percent in energy costs.
- After ensuring your windows are secure, close your blinds to allow the least amount of sunlight into the home during the summer, and open your blinds to allow the most amount of sunlight into the home during the winter. Be aware that as the day progresses the sun will move to the opposite side of the home.
- Use a ceiling fan or portable fan to supplement your air conditioning. A fan can make you feel three to four degrees cooler (and only costs a half-cent per hour to operate), so you can set your thermostat a few degrees higher and save on cooling costs. Use fans in occupied rooms only since fans cool people, not rooms. As a safety precaution, turn off fans when you leave your home.
- In winter, change the direction of the blades of your ceiling fans to push warmer air on the ceiling down to the living space.
- Limit opening exterior and interior garage doors. Remember although enclosed, the garage is not climate controlled and leaving the doors open will allow for external heat and humidity to be pulled into the home.
- Close the fireplace damper tightly when you are not using it. A good chimney can draw up to 20 percent of the air out of the house every hour. Air from the heating or air conditioning system goes up the chimney; even when you have a fire burning.

## Water Saving Tips

- Taking a shower instead of a bath saves 4-5 gallons of water.
- Wash your laundry in cold water with special detergent. The cost of an average load with hot water is about 38 cents. An average load washed in cold water is about 1.5 cents.
- Wash a full load of dishes. Dishwashers use approximately 15 gallons of hot water. Washing by hand could use as much as 20 gallons.
- Contact AMC Maintenance to repair leaky faucets. One faucet leaking one drip per second wastes about 2,300 gallons of water per year.

## Around the House Energy Saving Tips

- Microwave ovens draw less than one-half the power of a conventional oven and foods cooks in about one-fourth the time, greatly reducing cooking costs.
- Turn off the oven 15-20 minutes before the end of cooking time. Leftover heat in the oven will finish the job, if you don’t open the oven door.
- Turn your stove and range down to a simmer as soon as food or water begins to boil. This setting maintains cooking temperature, cooks food more evenly and saves energy.
- Unplug from outlets - everything you plug into a socket produces heat. Unplug all unnecessary appliances or electronics when not in use. Even those little red glowing lights that stare at you in the middle of the night indicating the item is turned off drain energy and produce heat. Turning something off is not enough.
- Ensure CFL bulbs are used in lamps instead of incandescent, they produce less heat.
- Use your washer and dryer later in the day, when temperatures are cooler. Turn on ventilating fans to help extract warm moist air, and turn them off when you’re finished so they don’t extract cooled air from the house.
- Use exhaust fans while taking a shower. Remember, less humidity in the home means cooler temperature and less chance of mildew.
- Keep exterior, storm, and garage doors closed to control climate inside.

## AMC Maintenance

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