



Home Energy Checklist

A Quick and Easy Energy Audit Tool for the Home

DIRECTIONS:

Energy efficiency in the home saves you money as it prevents pollution and global climate change. This booklet will guide you in increasing the efficiency of your habits and your home. Add your points all sections to determine your home's overall energy efficiency and learn what else you can do to improve your score. Then, go to our website at www.worldgreen.org/points to report your points and receive recognition for your actions. Questions? Contact sustainability@leonardoacademy.org

HOME ENERGY CHECKLIST: TOTAL 300 POINTS

EASY NO-COST ACTIONS

Visit www.cleanerandgreener.org/resources/calculator to use the emissions calculator to calculate the emissions created by energy use in your home ___ (5 points)

Turn off lights whenever you leave the room for more than two minutes
___ Usually (10 pts) ___ Sometimes (3 pts) ___ Seldom (0 pts)

Unplug your cell phone charger when not in use
___ Usually (3 pts) ___ Sometimes (1 pt) ___ Seldom (0 pts)

Turn off appliances (TV, stereo, computer, etc.) when not in use
___ Usually (10 pts) ___ Sometimes (3 pts) ___ Seldom (0 pts)

In winter, keep your thermostat under 68 degrees when you're home and set it back to 55 degrees when you are gone; in summer, do not set it lower than 78 degrees when you are home
___ Usually (25 pts) ___ Sometimes (10 pts) ___ Seldom (0 pts)

Use shades and drapes to block out sunlight during hot weather and let it in during cold weather
___ Usually (3 pts) ___ Sometimes (1 pt) ___ Seldom (0 pts)

Check for leaks around the doors of your refrigerator (a dollar bill stuck in the closed door should be difficult to pull out), clean the coils regularly, and defrost freezer to eliminate ice build-up
___ Usually (3 pts) ___ Sometimes (1 pt) ___ Seldom (0 pts)

If you have one, remove or unplug that old second refrigerator in the garage or basement; old appliances tend to consume a lot of energy ___ (20 points)

Take the bus, carpool, bike or walk at least twice a week to school, work, an errand or an appointment ___ Usually (20 pts) ___ Sometimes (10 pts) ___ Seldom (0 pts)

Keep the tires of your vehicle properly inflated and aligned ___ Usually (3 pts) ___ Sometimes (1 pt) ___ Seldom (0 pts)

Recycle all newspaper, plastics, glass, aluminum, and other metals (products made from recycled materials are less energy-intensive to produce) ___ Usually (10 pts) ___ Sometimes (3 pts) ___ Seldom (0 pts)

Use large electrical equipment such as the washing machine, dryer and dishwasher during off-peak hours (i.e., between 8pm and 8am) to reduce power plant loads ___ Usually (15 pts) ___ Sometimes (5 pts) ___ Seldom (0 pts)

Wash clothes with cold water whenever possible. Only use hot water for very dirty loads. Always use the appropriate water level and amount of detergent ___ Usually (10 pts) ___ Sometimes (3 pts) ___ Seldom (0 pts)

Hang clothes to dry whenever possible. Clean the lint screen of the clothes dryer after every use, and clean ducts and vents regularly ___ Usually (10 pts), ___ Sometimes (3 pts), ___ Seldom (0 pts)

Keep the hot water heater set at around 120 degrees F (Note: those with weak or suppressed immune systems should keep it set closer to 130°) ___ Always (10 pts), ___ Sometimes (3 pts), ___ Seldom (0 pts)

To save hot water, take a 4-5 minute shower instead of a bath. ___ Usually (3 pts), ___ Sometimes (1 pt), ___ Seldom (0 pts)

Ask your employer or school to become Cleaner and Greener Certified ___ (5 points)

Ask your friends and relatives to fill out a Home Checklist too ___ (1 point per person asked)

TOTAL POINTS FOR NO COST ACTIONS=

ENERGY EFFICIENT APPLIANCES AND EQUIPMENT

When it is necessary to replace a major appliance (e.g., furnace, air conditioner, water heater, clothes dryer), buy one that is energy efficient. Select equipment with the ENERGY STAR® label or an equivalent energy efficiency rating (www.energystar.gov for info).

Heating and cooling consumes 45 percent of energy in the average household. Use:

- A. An ENERGY STAR® programmable thermostat ___ (20 points)

- B. Ceiling fans to keep air circulating and mixed ___ (3 points each, up to 12 points)
- C. An ENERGY STAR® labeled furnace/boiler ___ (50 points)
- D. An ENERGY STAR®-labeled air conditioner ___ (50 points)

The water heater and refrigerator account for 11% and 6% of household energy use, respectively. Use:

- A. An ENERGY STAR® labeled water heater ___ (35 points)
- An ENERGY STAR® labeled refrigerator ___ (35 points)

The remaining portion of home energy (38%) is used for lighting, cooking, and other appliances. Use:

- A. Compact fluorescents or LEDs instead of incandescent light bulbs ___ (5 points each to 25 points)
- B. ENERGY STAR® labeled clothes washer and dryer ___ (30 points each)
- C. ENERGY STAR® labeled dishwasher ___ (25 points)
- D. ENERGY STAR® labeled dehumidifier ___ (25 points)
- ENERGY STAR® labeled computer/monitor ___ (20 points)

TOTAL POINTS FOR APPLIANCES AND EQUIPMENT=

HOME IMPROVEMENT AND MAINTENANCE

Complete the following energy maintenance items on your home ___ (5 points each):

- ___ Replace furnace filters 3-4 times a year (with forced air furnace only) and 5-6 times per year (with a forced air furnace and air conditioning)
- ___ Clean and service furnace and air conditioners
- ___ Seal all leaky ducts
- ___ Insulate rim joist area
- ___ Insulate the attic hatch
- ___ Add attic ventilation (1 square foot of ventilation per 100 square feet of attic)
- ___ Replace door weather-stripping and sweeps
- ___ Caulk exterior cracks
- ___ Replace broken glass
- ___ Install gaskets for outlets/switches
- ___ Install a fireplace flue damper
- ___ Insulate hot water pipes
- ___ Fix all dripping water faucets

Use:

Insulation to upgrade attic insulation to above code levels ____ (50 points)

An insulated outside door ____ (20 points)

Photocells or timers on lights ____ (5 points each to 10 points)

Low flow showerhead ____ (20 points)

Double/triple pane windows with solar control or low emissivity (low E) glass ____ (20 points each to 100 points)

Have a certified home energy rating conducted and implement the recommendations ____ (50 points)

TOTAL POINTS FOR HOME IMPROVEMENTS AND MAINTENANCE

ADDITIONAL MEASURES

1. Purchase goods and services that are produced and delivered in cleaner ways. For example, commodities that are grown or produced locally can reduce energy use and emissions that result from shipping. Look for reusable and recyclable products, avoid excess packaging, and buy from companies that have good environmental track records.
____ Usually (10 pts), ____ Sometimes (5 pts), ____ Seldom (0 pts)
2. Order renewable energy, such as wind power or hydropower, from your power company.
____ (10 points per 200 kWh per month)
3. Purchase an alternative fuel vehicle ____ (100 pts) or vehicle that achieves overall fuel mileage greater than ____40 mpg (80 points), or ____60 mpg (120 points)

TOTAL POINTS FOR ADDITIONAL MEASURES

TOTAL POINTS CALCULATION

_____ Total Points for Easy No Cost Actions

_____ Total Points for Energy Efficient Equipment and Appliances

_____ Total Points for Home Improvements and Maintenance

_____ Total Points for Additional Measures

Grand Total =

HOW DO YOU RATE?

Over 500 Points = Gold

300 to 499 Points = Silver

100 to 299 Points = Bronze

50 to 99 Points = You are making an effort but can do more

Under 50 Points = You can definitely do more with no-cost actions alone

MANY TIPS FOR MAKING HOMES ENERGY EFFICIENT ARE AVAILABLE ON THE WEB. THE FOLLOWING WEBSITES OFFER HELPFUL INFORMATION ON ENERGY EFFICIENCY AND RENEWABLE ENERGY:

Energy Efficiency and Renewable Energy Network of the U.S. Department of Energy at www.eere.energy.gov

The Energy Advisor feature of the Home Energy Saver Web Site offers a breakdown of how energy is used within a home, and offers specific recommendations for updating to a more energy-efficient home.

<http://hes.lbl.gov/hes/vh.shtml>

The ENERGY STAR® website lists products that have earned the ENERGY STAR® Label and features a store locator and appliance-buying tips. www.energystar.gov

***Save energy and the environment
without leaving your home!***