

## APPENDIX 4: APPLIANCES CHECKLIST

### CLOTHES WASHER

- disfavor whites**  
[white textiles use hot water]
- wear clothes more than once** [cuts laundry loads; ups garment lives]
- wash full loads only**  
[fewer loads = lower bills]
- wash in cold water**  
[use hot water for whites or heavily soiled; still use cold for rinses]
- use shorter wash cycles**  
[lightly soiled fabrics need only 6 minutes; pre-treat or presoak dirty items]
- cut back on extra rinses**
- wash off peak**  
[if utility charges less at certain times]
- follow owner's manual**

**List additional savings ideas here:**

Copyright © 2013 by A. Noonan Moose.

### CLOTHES DRYER

- favor fast-drying clothes**  
[lightweight fabrics dry fast]
- use clothes lines**  
[put outside or in shower]
- use drying racks**
- use plastic hangers**  
[for extra drying capacity]
- use dryer's moisture sensor**  
[reduces wasteful over-drying]
- dry off peak**  
[if it costs less at certain times]
- tumble press**  
[if clothes stiffen when air dried, run them in dryer 5 minutes]
- dry several loads in a row**  
[dryer won't have to reheat]
- clean lint traps and vents**  
[increases dryer efficiency]
- follow owner's manual**

**List additional savings ideas here:**

Copyright © 2013 by A. Noonan Moose.

## DISHWASHER

- ❑ **avoid hand washing dishes**  
[most studies conclude machines do the job for less]
- ❑ **avoid pre-rinsing**  
[try soaking dishes in cold water instead]
- ❑ **run full loads only**  
[fewer loads = lower bills]
- ❑ **wash off-peak**  
[if it costs less at certain times]
- ❑ **use energy saving modes**  
[all newer models have them]
- ❑ **air dry**  
[heating elements consume energy; air doesn't]
- ❑ **check filters and drains**  
[assures peak efficiency]
- ❑ **follow owner's manual**

**List additional savings ideas here:**

Copyright © 2013 by A. Noonan Moose.

## REFRIGERATOR FREEZER

- ❑ **use energy saving modes**
- ❑ **set fridge to 37°–40°F**  
[test temps with thermometer in glass of water]
- ❑ **set freezers to 5°F**  
[test temps with thermometer]
- ❑ **turn off the ice maker**  
[if there's enough ice]
- ❑ **stock them full**  
[they consume less energy]
- ❑ **keep doors closed**  
[remove items promptly]
- ❑ **keep hot foods out**  
[let leftovers cool to room temp]
- ❑ **keep foods covered**  
[uncovered foods release moisture, humid air costs more to cool]
- ❑ **vacuum coils regularly**  
[dust bunnies suck energy]
- ❑ **maintain gaskets**  
[leaking seals cut efficiency]
- ❑ **follow owner's manual**

**List additional savings ideas here:**

Copyright © 2013 by A. Noonan Moose.

## STOVETOP

- boil water elsewhere**  
[electric kettles, microwaves  
use less energy, boil there then  
transfer to stovetop]
- run the microwave**  
[uses less energy than  
stovetop]
- use hot plates for small jobs**  
[ditto]
- use smaller cookware**  
[big pots take more energy]
- cook with flat bottoms only**  
[warped bases cost more to  
heat]
- use the right sized burner**  
[oversized burners waste  
energy]
- use vent fans sparingly**  
[crack windows open]
- turn burners off early**  
[use residual heat to finish  
cooking]

**List additional savings ideas  
here:**

Copyright © 2013 by A. Noonan Moose.

## OVEN

- use alternatives**  
[slow cookers, toaster ovens,  
microwaves, pressure cookers  
use less energy]
- preheat sparingly**  
[prepare first, then preheat]
- bake double batches**  
[cheaper than running oven  
twice]
- keep the door closed**  
[meat thermometer near oven  
window shows temperature  
without letting heat escape]
- leave the door open**  
[in winter, leave oven door  
open after cooking to help heat  
kitchen]

**List additional savings ideas  
here:**

Copyright © 2013 by A. Noonan Moose.