

SUMMER ENERGY SAVING TIPS

We understand that when the Northeast experiences high temperatures, there can be concerns about rising electricity bills.

Take a look at this list of energy saving tips to help reduce your energy usage without sacrificing comfort during extreme heat.

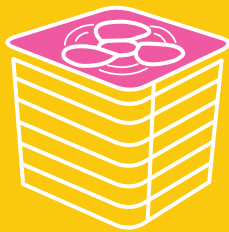
Any questions, we're here to help! Visit pickNRG.com to learn more.

Now that's what power should be.

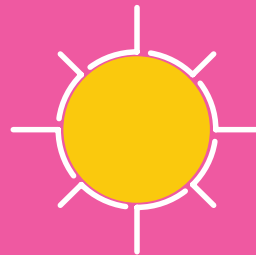
Follow the four-by-four principle during the summer months. Set your thermostat four degrees higher when you're away from home for more than four hours. When your thermostat is set below 78°F, each degree cooler may increase your costs by up to 5 percent.



Switch your ceiling fan to turn counter-clockwise during summer months to create a wind chill effect for a more comfortable living environment. Also, turn off fans when you leave the room. Fans are for people, not for rooms.



Check air filters monthly and replace as necessary. A clean air filter can keep your A/C running at peak condition.



Seal your windows with caulk or weather stripping to reduce air leaks to help maintain the desired temperature. **Also use blinds or curtains during the summer** to reduce solar heat gain up to 50 percent.

Set your A/C fan to the "auto" rather than "on" position. Using the "on" setting can increase energy costs and cause heat from the attic to be transferred into your living space through the ductwork, making the A/C work harder to maintain your desired temperature.



Use the microwave and toaster oven to cook or warm food, or grill outside. Using the oven in the heat of summer forces your A/C to work harder, which raises your electricity bill.

