

Water Heating Tips:

About one-third of the average family's energy bill goes towards heating water. To save energy and money:

- Turn down your water heater to 120° F.
- Take quick showers instead of baths, no longer than 5 - 7 minutes each.
- Replace washers in faucets.
- Turn the water off while brushing your teeth and/or shaving.
- Install low-flow showerheads and faucet aerators. By replacing a showerhead with



a low-flow model, the average household can save nearly 12,000 gallons of water per year and lower water heating costs.

Discover other energy saving ideas by visiting the following web sites:

Northwest Energy Alliance
www.energyideas.org

Washington Utilities & Transportation
Commission
www.wutc.wa.gov/consumer

Oregon State Department of Energy
www.energy.or.us

For information about **cash-back incentives** available for energy-efficient home improvements through Cascade Natural Gas' **Conservation Incentive Program**, visit www.cngc.com/conservation.

To speak with a Cascade
Conservation Program Specialist:
in Washington, call 1-866-626-4479.
in Oregon, call 1-866-368-7878.



In the Community to Serve®

Low-Cost / No-Cost Energy-Saving Tips for Your Home



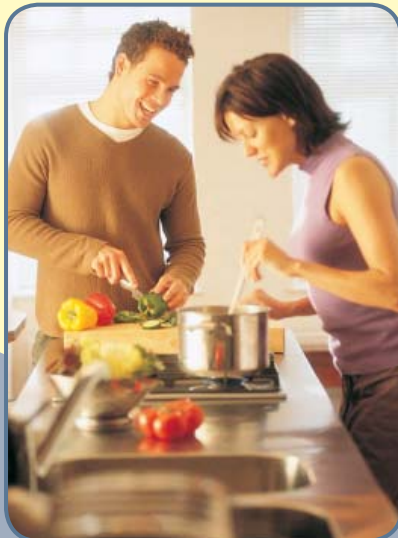
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Cascade Natural Gas is pleased to provide energy-saving tips to help you get the most from your hard-earned energy dollars. Most of the following tips cost nothing, but they do require a change in your energy habits. Some of the tips do cost a little, but they are estimated to be cost-effective in the long-run.

Energy-Saving Tips for Your Kitchen:

To reduce the amount of energy and money used when cooking, storing food, and cleaning dishes:

- Check to see if your dishwasher offers a water-saving setting and/or an energy-saving drying option. If your dishwasher has these options, start using them!
- Check to make sure your refrigerator and freezer seal tightly when closed.
- Cook with pots and pans that have flat bottoms.



Heating & Cooling Tips:

Space heating and cooling accounts for about 60% of the average family's energy bill. To reduce the amount of energy and money needed to heat and cool your home:

- Check your furnace filters monthly. Replace the filters at least every three months, or sooner if they look dirty.
- Have your furnace serviced once a year to keep it working at peak efficiency.
- Set your thermostat to 65° F during the day and 55° F at night.
- Install a programmable thermostat so that it adjusts automatically.
- For the greatest energy savings, properly insulate your attic, floors, and walls.
- Close fireplace and wood stove dampers when not in use, but wait several hours after the fire dies down to do so.
- Close your drapes on summer days to keep the heat outside and reduce air conditioning costs. On winter days, leave your drapes open to absorb the sunlight. Always close drapes at night to keep your home's heat inside.



(Heating & Cooling Tips continued)

- Add caulk and weather stripping to seal your windows and doors. This is an inexpensive way to lower your energy use and heating costs.
- Caulk small holes and cracks around plumbing pipes, exhaust fans, dryer vents, sink and bathtub drains, fireplaces, and under countertops to prevent air leakage.
- Seal your heating and cooling ducts, and make sure they are properly connected.

Laundry Tips:

To reduce the amount of water, energy, and money used when cleaning the laundry:

- Wash and rinse laundry with cold water.
- Run full loads only to save even more energy and water.
- Check and clean out the lint filter after drying each load of clothes.

