

Things you can do for free to cut your use of gas, diesel, heating oil, propane & electricity. Help reduce smog, greenhouse gas emissions and air toxins.

Go Green!

Important news from the Environment and Energy Committee Bucksport Bay Healthy Communities Coalition

\$ 36 ways to save

As costs rise and budgets are squeezed even tighter, try these simple, free, and money saving ideas.

9 Ways to Cut your gasoline or diesel cost:

1. **COMBINE YOUR TRIPS.** Make a list of your errands and appointments in the same direction and do them all in the same trip. If you do multiple errands in one trip you not only save fuel but the time it takes to get there and back!
2. **CARPPOOL.** When going to an event, see if you can catch a ride with a neighbor or friend.
3. **KEEP THOSE TIRES INFLATED!** Check your tires once a month. Find out how many pounds it takes to have your tires to be fully inflated.
4. **REMEMBER THE TORTOISE AND THE HARE.** The faster you drive, (over 60 mph) or quick starts, the more gas you burn--between 5% and 33%.
5. **DON'T IDLE.** Let your car warm up for 30 seconds when you first start it, then drive 35 mph until the engine is fully warmed up.
6. **TURN YOUR KEY.** Make sure to turn your car off even if you're running just a quick errand.
7. **INSPECT!** Have your air filter inspected every time you change your oil.
8. **INSPECT!** Have your gas cap inspected. If damaged, replace it avoid having your gas vaporize.
9. **INSPECT!** Have your spark plugs inspected. Misfiring plugs cost mileage!



11 ways to cut your heating costs:

1. **TURN IT DOWN.** During the heating season, turn down the thermostat to 60 degrees if you are going to be away for more than 7 hours. Keep the thermostat set at 68 degrees while you are home. Bundle up! If you are elderly or have a small child, you need to keep your home warmer while you are there.
2. **CLOSE THOSE CURTAINS.** Keep shades, blinds and curtains closed on blustery days to reduce heat loss.
3. **AUTUMN LEAVES ARE FALLING.** After raking and bundling your leaves and pine needles into bags this fall, place them against your foundation for extra insulation.
4. **WISE SHRUBBERY.** Choose greenery that retain their needles during the winter and plant them near your home to provide protection from the wind.
5. **CHANGE IT!** Be sure to change your furnace filters every other month.
6. **INSPECT & CLEAN.** Once a year, have your oil furnace cleaned and inspected. Every other year, clean your propane gas furnace.
7. **DRAFT DODGE.** Check your doors to see if there are drafts coming in on the sides. If so, put some weather stripping on the sides and bottom until you can't see light or feel a draft.
8. **ADD A LAYER.** Consider adding a layer of plastic to your windows (if not double-paned) for the winter.
9. **STORM THE DOORS!** Add storm doors to all outside doors to lower the leaking heat.
10. **CONTROL DRAFT.** Make sure your woodstove or fireplace draft controls are closed when your woodstove or fireplace is not operating.
11. **SAFETY FIRST.** Clean your woodstove chimney at least once a year to prevent creosote buildup.



E&E FACTS

Idling guzzles gasoline and causes the most air pollution.

You spend 10 cents more per gallon of fuel for every mile over 60 mph driven.

Under-inflated tires (common in cold weather) cause the loss of 1-2 miles per gallon of gas.

A dirty air filter can cause you to lose more than 10% of your gas mileage.

Having your furnace cleaned and inspected once a year saves you an estimated 10% to 15% of your fuel costs!

New CFL's (Compact Fluorescent Lightbulbs) are brighter, smaller, fit more fixtures and have less mercury.

16 Ways to reduce your electric bill:

1. **TURN THEM OFF.** Turn off your lights when you leave a room. Unplug appliances when you are finished using them.
2. **POWER STRIP.** If you own “instant on” electronics such as TVs, VCRs, DVDs, computers, clocks or radios, plug them into a power strip so you can turn them off completely when you are not using them. “Instant on” uses 7 to 10% of electricity.
3. **TURN IT DOWN.** Did you know your electric hot water heater can be turned down to 120 degrees? It can, but no lower. Also, if your hot water heater is over 6 years old, wrap it with water heater wrap to conserve heat; newer heaters have sufficient insulation.
4. **COMPACT LIGHTING.** Replace those blown bulbs with compact fluorescent (CFL) ones.
5. **BUNDLE UP!** By turning down your thermostat at night time, your furnace’s electric motor won’t need to run as often.
6. **DO YOU AC?** If you own an air conditioner, run it as little as possible to lower your electric bill.
7. **FAN IT.** During hot spells, try using fans instead of, or in addition to, an air conditioner. Wear cool clothes and drink plenty of water.
8. **TURN IT UP.** When using your air conditioner, turn it up to over 82 degrees if you are going to be away for more than 7 hours. When residence is occupied by the elderly or with young children you may need to keep it cooler in summer to avoid these “at risk” groups being too warm.
9. **EMBRACE MAINE AIR.** Most nights, turn your air conditioner off and enjoy the cool summer breeze.
10. **KEEP THEM CLOSED.** On hot and humid days keep your curtains, shades or blinds closed.
11. **POWER DOWN.** Turn off your computer when you don’t plan on using it for more than four hours.
12. **WASH SPARINGLY.** Be sure to wash your clothes only when you have a full load, use warm or cold water.
13. **THE DISH.** Wash your dishes in the dishwasher only when you have a full load.
14. **PLAN AHEAD.** Make more than one meal at a time such as soup or casseroles. Freeze the additional portions in separate containers for future meals. Saves “personal energy.”
15. **DRY THEM.** Hang clothes on the line outside in the spring, summer and fall--do the same inside during the winter months.
16. **AIR DRY.** Dry your hair in the breeze rather than with a dryer.

REMINDER: Everytime your furnace turns on, your electric bill also increases as there is an electric motor.

The primary mission of the
ENVIRONMENT AND ENERGY COMMITTEE
of the Bucksport Bay Healthy Communities Coalition
is to motivate citizens in our community to take
action to improve the health of our people and
environment. We will accomplish this by identifying key
environmental concerns and taking steps to raise awareness.
Through education activities with an emphasis
on working with youth, we hope to accomplish a
measurable improvement in our environment and
efficient energy consumption. We will inform state
policy makers on our progress and create a model
that can be duplicated in other communities across the state.

Join us in our efforts to reduce your cost for
gasoline, diesel, heating oil, propane and electricity.



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