



MONROE COUNTY
ENERGYCHALLENGE

In January

Task of the Month

**Lower thermostat
2° during the day,
4° overnight***

The longer your home remains
at a lower temperature, the
MORE YOU SAVE
and the longer your furnace will last

You can save 2% on your heating
bills for each 2° you turn down your
thermostat for 8 hours per day



For example:
If your heating bill is \$400 and you
turn your thermostat down just 2°F
during the day and 4°F overnight you
could save 8%, or \$32 a season.

Over 65 or have chronic illness?
Check with your doctor about what
temperature is recommended, day & night.

**Often home
alone in a big house?**

Could you just heat the rooms
you spend time in? And wear layers, drink
warm beverages, move around frequently or use
a blanket on your lap when sitting for long periods.

*** For more information,**
especially if you have a heat
pump, electric resistance
heating, steam heat, or
radiant floor heating, see:
[http://energy.gov/energysaver
/articles/thermostats](http://energy.gov/energysaver/articles/thermostats)

Cost: \$0

Est. Savings: \$30 – \$60/yr.

Difficulty: Easy

See MoCoEnergyChallenge.org or email us
MoCoEnergyChallenge@gmail.com



Task of the Month was originally created
by Dr. Stephanie Kimball for
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an affiliate of
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