

10 Tips for Heating and Cooling Your Home on a Budget



We know monthly bills can be a source of stress when you're going through cancer treatment and recovery. These tips will help you save money while keeping your home cozy in the winter and cool in the summer.

1

Contact your local utility company. Many utility companies offer discounted rates for low-income households and customers who receive government benefits like food stamps or SSI/SSDI. They also have payment plans for easier budgeting throughout the year.

2

Sign up for a **free** energy savings walk-through. Most utility companies will come to your home to provide free energy-saving light bulbs and energy-efficient tips that make it more affordable to heat and cool your space.

3

Make your ceiling fans work smarter. In the winter, turn your blades clockwise to circulate warm air. In the summer, turn your blades counterclockwise to keep your home cool.

4

Protect your windows from the weather. Use a plastic window insulator kit or insulated curtains to prevent cold air from sneaking through your windows. This will keep your home warmer while also saving money on heating bills.

5

Use electric blankets. Electric blankets will warm you up so you can keep the thermostat lower.

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- 6 Try microwavable heat pads.** Toss a heating pad in the microwave for instant, direct warmth that costs less than other types of heating.
- 7 Cover your hard floors with rugs.** No need to get fancy — a basic, low-price rug will help heat stay inside and keep your toes warm during the cooler months.
- 8 Lower the temperature on your water heater.** Set your water heater between 120 and 140 degrees for the best efficiency. Quick showers will also use less water than baths.
- 9 Clean the coils on the back of your refrigerator.** Dust collects behind your fridge and makes it work harder than necessary, so keeping the coils clean can keep your food and medicine cold for less money.
- 10 Use a door draft stopper.** Block unwanted cool or hot air from entering your home by blocking the space between your door and the floor. Buy one for under \$10 or make one yourself!