

## Stewardship of Energy in your Home

*...indeed [God] is not far from us. For in [God] we live and move and have our being....*

**Acts 17:27-28**

## Developing Good Energy Habits An Expression of Faith and Values

By developing good energy habits, you're not only saving money and protecting the environment. You're also modeling values for your children— values of good stewardship and respect for the fragile resources of the natural world. Many people also find that conserving energy helps them appreciate the beauty of earth, which nurtures their spirits.

So steward energy wisely. You're not just protecting the planet—you're communicating a sense of gratitude for life and the earth to those you love.

*O children of Adam, eat and drink but do not be wasteful, for Allah does not like those who are wasteful.*

**Koran 7:31**

## Websites

For more information about energy conservation in your home be sure to look at the following websites:

[www.energystar.gov](http://www.energystar.gov)

EPA's website for energy efficiency with Information about products.

[www.njsmartstartbuildings.com](http://www.njsmartstartbuildings.com)

NJ's Rebate Program for Energy Efficiency

[www.interfaithenergy.com](http://www.interfaithenergy.com)

The Interfaith Coalition on Energy

[www.ase.org](http://www.ase.org)

The Alliance to Save Energy's website featuring Powersmart tips to save energy

[www.ipcc.ch](http://www.ipcc.ch)

The Intergovernmental Panel on Climate Change

[www.peqnj.org](http://www.peqnj.org)

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*One should cultivate a loving mind to the whole world, above, below and across.*

**Buddhist Metta Sutta 1**

# STEWARDING ENERGY

## In Your

## Home

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An Interfaith Coalition**

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## Stewardship of Energy in your Home

### Energy and Global Climate Change

Stewardship of energy means more than just turning off the lights. It means using earth's resources wisely. How can you do this at home? This brochure will provide helpful tips that will protect the environment and save you money.

The average household uses between 600-750 kWh a month. To understand what this means, look at your electricity bill to see how many kilowatt hours (kWh) of electricity you use monthly. One kilowatt hour equals 1,000 watt hours, which is the same as running a 100-watt light bulb for 10 hours.

The problem? This energy use produces air pollution and excessive carbon dioxide (CO<sub>2</sub>) emissions. CO<sub>2</sub> is a greenhouse gas that has many adverse effects on people, climate and the environment. The Intergovernmental Panel for Climate Change states that CO<sub>2</sub> emissions contribute to:

- global climate change
- rising sea levels
- altered weather patterns that have been particularly destructive to coastal areas in the developing world
- harmful changes in disease vectors
- unnatural shifts in the habitat of many plant and animal species.

Conserving energy will help you save money, improve air quality, and fight global climate change.

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### Energy Habits to Protect The Earth

*The Earth is the Lord's and all that is in it .*

**Psalm 24:1**

- **Turn lights and appliances off!** There is no better way to conserve energy, protect the environment and save money than to turn unused lights and appliances off. It is untrue that keeping appliances on when they're not in use saves energy.
- **Replace incandescent light bulbs with compact fluorescent light bulbs (CFL's).** CFL's last **10** times longer than typical incandescent bulbs and use **25%** of the energy. CFL's are widely available, have excellent light quality, and save money — for a light turned on six hours daily, a CFL will save approximately **\$12/year** in energy costs.
- **Turn down your refrigerator and vacuum its coils twice yearly.** Refrigerators account for roughly 20% of household electricity use. Use a thermometer to set your refrigerator temperature at 37 degrees and your freezer at 3 degrees. Turn the energy saver switch on. Keep the coils clean, which helps the fridge run efficiently. Replace the door gaskets if a dollar bill slips out easily when inserted between the door's seals.

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- **In the winter, lower your thermostat to 68 degrees in daytime, and 55 degrees at night.** In the summer, keep your thermostat at 77-78. If these temperature ranges seem uncomfortable, make a smaller adjustment to begin the process.
- **Turn off computers, appliances and power strips when not in use and unplug "black box" chargers from wall sockets.** Computers should be turned off, along with their power strips, when not in use. Black charger boxes are usually attached to cell phone chargers, or lap-top computers. If the box is warm, it is still consuming energy, even if it is not actively charging the item. This type of energy consumption is referred to as the "vampire" effect.
- **Buy ENERGY STAR labeled office equipment, and appliances, when needed, and activate the "stand-by mode" function.** The Energy Star label, established by the EPA, guarantees that your appliance will be an energy efficient model in its class.
- **Tune-up your HVAC system with an annual maintenance contract.** Replace your system's air filters at least quarterly. A yearly maintenance contract will cost about \$100, but can often save more than it costs.

