

Planetary Wellbeing

Cut Pollution & Toxicity

- Cleaning & Laundry
- Green Carwash
- Low-Toxin Manufacturing
- Natural Garden & Lawn Care
 - Organic & Sustainable
 - Agriculture
- Pest Control
- Plant-Based Eating
- Zero Emissions
- Zero Toxin Parenting

Ensure Animal Wellness

Guard Water Resources

Ocean Awareness

Protect Biodiversity

Reduce Resource Consumption

Save Energy & Climate

Step into Spring



Shop all step into spring



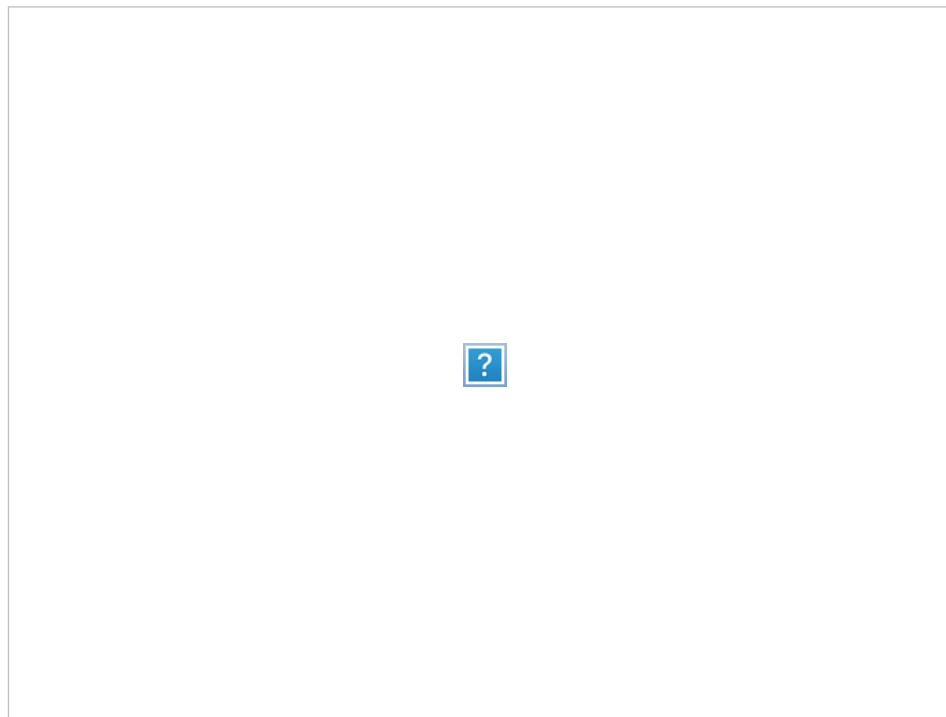
Your Biggest Money Saving Tips from Energy Cuts

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If you're looking for the very best ways to cut your monthly bills, look no further than these high impact energy saving tips! Apply Hearts-recommended big energy and money saving actions to your life, and you could potentially achieve over \$10,000 in financial rewards every single year.

Quick Guide: Your Biggest Energy Bills

- **Transportation fuel and climate change:** The money Americans spend on fuel for transportation and vehicle maintenance is about \$2,132 every year (4.4% of the average person's budget),^[i] which accounts for 28% of all greenhouse gas emissions.^[ii]
- **Home heating and cooling energy use:** The average household spends more than \$1,800 every single year on heating and cooling their homes.^[iii]
- **Hot water heating costs:** 18% of your utility bill may go to heating your water in a conventional hot water tank. ^[iv]



5 Actions for How to Reduce Energy Costs by Going Green

1. **Drive less:** If you want the biggest bang for your energy saving buck, drive less! Households that choose **public transportation** over owning a vehicle can live with one fewer vehicle and generally save \$9,900 every single year.^[v] Those living in cities like New York and Los Angeles can save up to \$14,000 annually!^[vi] Plus, you'll save big for the planet: Every gallon of gasoline burned in our vehicles adds 20 pounds of carbon dioxide to our atmosphere, making it a leading contribute to global warming.^[vii]
2. **Use a programmable thermostat:** Heating your home while you're not there is a huge waste of energy and money. By simply turning down the thermostat 10-15 degrees for 8 hours every day, you can save 10% on your monthly heating bill. ^[viii] A programmable thermostat in your **green home** will automatically lower and raise the temperature of your home so that you're only using energy when needed. Make your heating and cooling energy savings easier by installing a programmable thermostat to reduce your overall energy consumption by 10%.^[ix]
3. **Increase insulation in your home:** If your home is not properly insulated, you'll see heat transfer in and out of your home all day long regardless of season. Increasing your attic insulation is incredibly effective for reducing energy waste. For instance, boosting your attic insulation can cut up to 30% from your heating bill every month.^[x]
4. **Turn down hot water temperature:** When you lower the temperature on your hot water heater to 120 degrees from 130 degrees, you'll save 5% on your energy bill.^[xi]
5. **Seal leaks in your home:** When heat freely goes in and out of your home through cracks and gaps in the exterior structure, you'll be paying a much bigger energy bill every month. One of the most cost-effective ways to save energy is to use caulking, weather stripping, and storm doors and windows to reduce the transfer of heat energy. Doing so combined with proper insulation levels can reduce your heating and cooling costs by 20%.^[xii]

Dig Deeper: Tips to Saving Money by Cutting Energy Costs

- Check out Consumer Report's GreenerChoices [Energy Saving Center](#) for more ideas on how to save energy and money.
- Find out how much insulation you need in your home with ENERGY STAR's map for [Recommended Levels of Insulation](#).
- Find out how to take an energy diet with the [National Geographic Energy Challenge](#).
- Use fueleconomy.gov's [Calculate Fuel Costs & Compare Savings](#) to see how much you'd save if you actually drove less.

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