

Ways to SAVE on Your Electrical Bill

Energy-saving tips for every season

When seasons change, so do the most effective ways to save energy. Check out these tips to help you stay comfortable and use energy efficiently at the same time.

Tips for the COLD WINTER weather

- Due to the cooler weather, your heating system may run more to try to make up the difference between the outside temperature and the thermostat setting. In fact, strip or electric resistance-based heating requires two to three times more energy than air conditioning. Keep cozy while conserving energy with these tips.
- Set your thermostat to 68 degrees or lower. Heating systems can be big energy users but every degree below 68 saves you 5% on heating costs.
- Avoid raising your thermostat by more than two degrees at a time if you have a central electric-based heating system to prevent accidentally turning on auxiliary heat. Using auxiliary heat for more than 12 hours a day can add up to \$15 per day on your energy bill.*
- Use electric blankets or space heaters to keep you warm in small areas. Always turn it off before you leave the room and remember to keep children and pets at least three feet away. Using a space heater costs approximately \$3 per day.**
- Reverse the setting on your ceiling fan to push warmer air down to the floor level, maximizing heat circulation.
- Electric blankets are a great way to stay warm at night without heating your entire home.
- Use natural sunlight by opening drapes on sunny days to let in warmth; close them at night to retain heat.
- Seal your home to keep cold air out by closing garage doors and sealing attic or foundation vents (open these in warm weather).
- Clear airways to ensure heating outlets and return air registers are unobstructed by furniture or drapes.

*Based on 7.5 kW strip heat running 12–16 hours a day.

**Based on an average 1500 watts unit running 12 hours a day

Tips for the HOT SUMMER weather

Summer heat is tough on air conditioning units, but cooling your home doesn't have to break the bank. Keep your energy costs under control by following these simple tips.

- Optimize your thermostat by setting your thermostat to 78 degrees or the highest temperature where you can still be comfortable while you are home and 82 degrees when you're away. Each degree you raise your thermostat between 75 to 78 degrees can save you 3-5% on your monthly cooling costs. That's a lot when cooling makes up approximately 60% of your bill!
- Block heat by closing blinds and drapes during the day to reduce indoor heat gain.
- Use fans wisely. Ceiling fans can make you feel cooler while using less energy than air conditioning. Set them to spin counterclockwise in summer and turn them off when you leave the room.
- Reduce heat production by avoiding the oven; instead opt for grilling, microwaving or stovetop cooking instead.
- Use efficient lighting by replacing incandescent bulbs with LED bulbs, which generate less heat and energy. Replacing just 5 incandescent lightbulbs with LED ones, can save you about \$40 a year. LEDs can save up to 85% off your lighting energy costs and last 15 times longer.

Energy tips around the house

Heating and cooling system efficiency tips

- **Schedule regular maintenance** and annual inspections for your heating and cooling systems to ensure they are operating efficiently.
- **Clean or replace your filters** every month to trim your heating or cooling costs and help your unit run more efficiently.
- **Seal any leaks.** Cold winter weather can be hard on your home's insulation and create gaps around doors or windows, allowing cool air to escape in summer and making your A/C work harder. Check for drafts and seal with caulk or weather-stripping saving up to 15% on heating and cooling costs.
- **Keep vents clear** from any furniture or other objects allowing for proper airflow.
- **Inspect insulation** to ensure that your home is adequately able to retain heat in the winter and cool air in the summer. Save up [to \\$1,420 with FPL rebates and federal tax credits](#) when you upgrade your ceiling insulation.
- **Consider a smart thermostat** that can help you manage your energy use by adjusting the temperature according to your schedule. Install a smart thermostat and you could save about 3% of your total energy costs, approximately \$50 a year.
- **Upgrade to an energy-efficient system** if your air conditioner is more than 10 years old or needs frequent repairs and doesn't keep your home cool. Save up to [\\$2,150 with FPL rebates and federal tax credits](#) when you upgrade to an energy-efficient A/C unit.

Hot water efficiency tips

Your water heater is usually the second-largest energy consumer in your home. Follow these tips to help you save on energy costs.

- **Lower the temperature** on your water heater to 120 degrees. Most water heaters are set to 140 degrees, but at 115 to 120 degrees you'll still have plenty of hot water and save 3-5% on your water heating costs.
- **Insulate hot water pipes** and, if your water heater is more than seven years old, consider a "wrap" to insulate the tank.
- **Fix any leaky faucets** to save water and reduce the strain on your water heater.

- **Install low-flow fixtures** on showerheads and sinks to conserve water without sacrificing pressure. Replacing an old showerhead with a water-saving model can help the water heater run less and save you up to \$145 annually.

Pool and spa energy efficiency tips

Enjoy your pool and spa without breaking the bank. These simple tips help you save energy and money year-round.

For your pool:

- **Keep your pool clean, clear and chemically balanced** to reduce your pump's run time — and save up to \$100 per year!
- **Choose the right pool pump** for your needs and run it **six hours daily in the summer** and **four hours daily in the winter**.
- **Use a pool blanket** to retain heat and reduce energy use.

For your spa:

- **Keep the heater set below 104 degrees** for efficiency and only heat your spa when you plan to use it. Use a cover when it's not in use to trap heat.
- **Run filter pumps only as needed** based on installer recommendations and turn off the bubble jets.

Kitchen energy efficiency tips

Refrigerator/Freezer

- Vacuum or brush coils every six months to maintain peak efficiency. Dust and dirt on refrigerator coils make it work harder.
- Set temperatures to 37 to 40 degrees for the fridge and zero degrees for the freezer.
- Choose energy-efficient models with high-efficiency motors and low kWh usage. An extra refrigerator that is hardly used can add up to \$100 a year in energy costs.

Cooking

- Consider using a small appliance instead of the oven like a microwave, toaster oven or air fryer whenever possible. These use about one-third the power of an oven broiler.
- Maximize the time using your oven by cooking multiple dishes simultaneously. For example, a pie can go into the oven at the same time as a main dish.

- Use the oven's stored heat for warming foods, plates and platters after baking, this requires no energy. If the food must be kept warm for an extended period of time, set the oven no higher than 140 to 200 degrees.
- Use the oven window to check progress. Resist the urge to open the oven door to check on progress. Each time the door is opened, the temperature drops 25 to 50 degrees.
- Fire up that grill! Don't miss out on an outdoor grill opportunity when the weather is nice. Using an outdoor grill instead of the oven keeps the heat outside and saves your A/C from working to cool down your home, saving on your cooling costs.

Dishwasher

- Use the shortest cycle that gets dishes clean. Load dishes properly to manufacture instructions to ensure efficient cleaning.
- Run the dishwasher at night on hot days to avoid adding heat to your home.

Laundry efficiency tips

- **Use the cold water setting** to save up to \$160 annually.*
- **Avoid oversudsing**, too much detergent can make your washer work harder.
- **Wash full loads only**. Washing a single item takes the same energy as a full load.
- **Dry consecutive loads to take advantage of residual heat**, separate heavy and lightweight items and clean the lint filter after each use. A dryer makes up about 5% of an electric bill. Keeping the lint trap clean will make the clothes dry faster, which can save on energy costs.

*Based on the average American household washing 200 loads per year.

Electronics energy efficiency tips

Many electronics continue to draw power even when they appear to be "off." This is called "phantom energy users" that can account for up to 5-10% of monthly residential electricity use.

- **Consolidate plugs by using power strips** and switching them off when not in use. This will help regulate energy use on equipment like computers, scanners, printers and can help save up to \$100 a year.
- **Look for [ENERGY STAR-labeled electronics or appliances](#)**. Newer ENERGY STAR models meet stricter requirements and use anywhere from 10-50% less energy each year.

*The information provided is a courtesy from FPL.

Seasonal residents

Thermostat tips:

- **Set your thermostat to 82 degrees in the summer.** Save 5% on cooling costs for every degree higher.
- **Use programmable thermostats** or portable dehumidifiers set to 58 degrees to prevent mold.
- **Set your thermostat to 65 degrees or lower in the winter.** Save 5% on heating costs for every degree lower.

Appliance tips:

- **Turn off your water heater** at the circuit breaker.
- **Set your pool pump to run six hours** daily in summer and four hours daily in winter.
- **Unplug electronics** and use timers for lamps if needed.
- **Set your refrigerators to the warmest setting** or unplug and clean, leaving doors open.

Account management:

- Combine [FPL eBill®](#) and [Automatic Bill Pay®](#) for easy bill handling.
- Update your mailing address in [Profile & Preferences](#) if needed.
- Use your [Energy Dashboard](#) to monitor your usage and detect unusual changes.
- Use our [Start, Stop, Move tool](#) to manage your account service.

[Prepare for hurricane season](#), which runs from June 1 to Nov. 30, before leaving.