



# Joseph R. Biden, Jr.

UNITED STATES SENATOR - DELAWARE

<http://biden.senate.gov>



Reducing your energy consumption can help save green two ways: you can protect the environment while lowering your monthly energy bills. Here are a few of the best tips to lower your energy costs:

1. Set your thermostat comfortably low in the winter, around 68 during the day and 60 at night. You can save 3 percent in your heating costs for every degree you reduce the temperature below 70 degrees. Turn the thermostat down at night or when you're out of the house for an extended period of time.
2. Use compact fluorescent light bulbs. They produce about three to four times as much light per watt as incandescent bulbs. While compact fluorescents are initially more expensive, they last up to 10 times longer.
3. Look for the [ENERGY STAR](#)<sup>®</sup> label on home appliances and products. ENERGY STAR<sup>®</sup> products meet strict efficiency guidelines set by the U.S. Environmental Protection Agency and the U.S. Department of Energy.
4. Air dry dishes instead of using your dishwasher's drying cycle.
5. Lower the thermostat on your hot water heater to 120° F.
6. Wash only full loads of dishes and clothes.
7. Turn off your computer and monitor when not in use, and turn off a power strip when the devices are not in use – devices like TVs still use power when in standby mode.
8. Spend just a few extra minutes finding out where gasoline prices are lowest in Delaware by using the [AAA Fuel Price Finder](#).
9. The [Delaware Green Energy Program](#) offers grants up to 50% of the installed cost of several energy-efficient technologies, including wind, geothermal, and solar power.
10. Drive sensibly! Aggressive driving (speeding, rapid acceleration and braking) wastes gasoline.

For more information on Sen. Biden's energy legislation in the U.S. Senate [click here](#).