

## Tips for Running Appliances Efficiently

### Kitchen Appliances:

- **Refrigerator:** Keep it stocked but not overcrowded for optimal airflow. Clean coils every 6 months.
- **Microwave:** Use it for reheating small portions instead of the oven.
- **Electric Oven:** Cook multiple dishes at once and avoid opening the door frequently.
- **Dishwasher:** Run only full loads and use the energy-saving or air-dry mode.
- **Toaster Oven:** Use for small meals instead of heating a large oven.

### Laundry Appliances:

- **Washing Machine:** Use cold water for most loads and full loads only.
- **Clothes Dryer:** Clean the lint filter after each use and dry loads back-to-back to use residual heat.
- **Drying Rack:** Air-dry clothes when possible to reduce dryer use.

### Climate Control:

- **Central Air Conditioner:** Replace filters monthly and set a programmable thermostat.
- **Portable Space Heater:** Use only in occupied rooms and never leave it on overnight.
- **Ceiling Fan:** Rotate counterclockwise in summer and clockwise in winter.
- **Window Air Conditioner:** Close doors to unused rooms and clean filters regularly.

### Entertainment & Office:

- **Desktop Computer:** Enable sleep mode and turn off when not in use.
- **Laptop:** Unplug when fully charged and use battery-saving settings.
- **Television:** Reduce screen brightness and use energy-saving mode.
- **Gaming Console:** Power down completely when not in use.

### Water Heating:

- **Electric Water Heater:** Insulate the heater and pipes to retain heat.
- **Tankless Water Heater:** Set to a moderate temperature (120°F) for safety and efficiency.

These efficiency tips help you reduce energy waste, lower utility bills, and extend appliance life. Combine them with your energy-saving trackers and challenges for maximum impact!