

Message from Advise Guy Eric Gainey



Energy-Saving Tips for the Holiday Season

The holiday season is a time of joy, family gatherings, and festive decorations. However, with all the activities, it can also lead to increased energy consumption. By taking a few mindful steps, you can reduce your energy use and keep your electric bill in check while enjoying the holiday spirit. Here are some practical ways to save energy during the holidays:

1. Upgrade to LED Christmas Lights

Decorating for the holidays is a beloved tradition, but traditional incandescent Christmas lights can be energy hogs. Consider switching to light-emitting diode (LED) Christmas lights, which are up to 90% more efficient than incandescent bulbs. Although the initial cost of LED lights may be higher, they last longer, use significantly less energy, and are safer to use since they remain cool to the touch. LED lights are made with durable epoxy lenses, reducing the risk of breakage, and are less likely to cause fires or burns. Don't forget to use timers for your lights, ensuring they aren't left on throughout the night.

2. Adjust Your Thermostat

During the winter months, the recommended thermostat setting is 68 degrees Fahrenheit. When hosting family gatherings, the additional body heat can help warm your home, allowing you to lower the thermostat further. Additionally, if you're cooking, the warmth from the oven can contribute to heating your home, reducing the workload on your HVAC system. If you have a fireplace, make sure the damper is closed when it's not in use to prevent warm air from escaping.

3. Cook Smarter

Holiday cooking can increase energy use, but there are ways to minimize the impact. If you're

planning a large holiday meal, consider hosting a potluck, which reduces the need to use your oven for extended periods. Try to cook multiple dishes at once to maximize the oven's energy efficiency, and avoid opening the oven door frequently, as that allows heat to escape, requiring the oven to work harder.

4. Plan for Travel

If you're traveling during the holiday season, make sure to adjust your thermostat before you leave. Set it to 50-55 degrees to save energy while keeping your home warm enough to prevent pipes from freezing. Unplug non-essential appliances and devices, and use timers for exterior lights to avoid leaving them on unnecessarily. This simple adjustment will help you save on energy costs while you're away.

5. Year-Round Energy Savings

The energy-saving tips mentioned here aren't just useful for the holidays. Making energy-conscious decisions, such as using LED bulbs, adjusting your thermostat, and being mindful of appliance use, can help you save on your electric bill all year long. Many smart thermostats allow you to set daily schedules, so consider using one to optimize your home's energy efficiency.

By implementing these energy-saving practices, you can enjoy the holiday season without worrying about high energy costs. For more tips on reducing your energy usage, visit our website at sremc.com or call us at 910.892.8071. Have a Merry Christmas and a Happy New Year!



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