

SMART SENIOR DAILY

Guides Collection

Your One-Page Utility Bill Cut-Down Checklist (2026 Edition)

Quick fixes seniors can do today – no contractors, no big expense.

1. Run Appliances Off-Peak

- ✓ Dishwashers, washers, dryers, and EV chargers use **20–30% less** during off-peak hours.
 - ✓ Most utilities' cheapest time is **late evening to early morning**.
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2. Drop Your Thermostat 7–10 Degrees

- ✓ Do this for 8 hours a day (overnight or while out).
 - ✓ Saves up to 10% a year on heating/cooling.
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3. Replace Every Bulb With LED

- ✓ LEDs use 75–90% less energy.
 - ✓ They last decades – fewer ladder climbs.
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4. Seal the Drafts

- ✓ Check doors, windows, and baseboards for leaks.
 - ✓ Use weather-stripping or caulk.
 - ✓ Cuts energy waste by 10–20%.
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5. Close Blinds in Summer, Open in Winter

- ✓ Medium-color curtains with white backing reduce heat gain by 33%.
 - ✓ Free solar heat in winter helps warm rooms.
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6. Use Fans Before AC

- ✓ Fans use 1% of the power of an air-conditioner.
 - ✓ Summer: blades turn counterclockwise.
 - ✓ Winter: blades turn clockwise.
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7. Shorten Showers & Use Low-Flow Heads

- ✓ Water heating = 18% of home energy costs.
 - ✓ Shorter showers + efficient showerhead = \$50–\$70 saved annually.
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8. Wash Clothes in Cold Water

- ✓ Heating water = 90% of washer energy use.
 - ✓ Today's detergents clean beautifully in cold water.
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9. Keep the Fridge Full & Set Proper Temps

- ✓ Full fridge = compressor works less.
 - ✓ Set fridge to 37°F, freezer to 0°F.
 - ✓ Avoid keeping the door open searching.
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10. Unplug “Energy Vampires”

- ✓ TVs, chargers, printers, coffee makers, streaming boxes.
 - ✓ Saves \$100+ a year.
 - ✓ Best method: plug into a power strip and flip off with one switch.
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11. Change HVAC Filters Regularly

- ✓ Every 3 months is standard.
 - ✓ Dirty filters increase energy use by up to 15%.
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12. Ask for a Free or Discounted Home Energy Audit

- ✓ Many utilities + state aging offices offer free or low-cost assessments for seniors.
- ✓ Audits pinpoint where your money is leaking out.