

New York State Consumer Protection Board is on your **SYDE!**

Please **JOIN** our **Stretch Your Dollar Effort:**



Household Savings TIPS

The following suggestions have been received from consumers thus far. Please add your own suggestions by sending an email to my2cents@consumer.state.ny.us.

- WAIT for a full load for the laundry and dishwasher to decrease electricity and water usage.
- WASH clothes in cold water, using a special "cold water" detergent. Leave the load to soak during the day and run at night.
- HANG DRY your laundry instead of using an electric or gas dryer.
- UNPLUG appliances not in use.
- REDUCE the use of air conditioning. Open a window when possible, or raise the temperature on the thermostat.
- KEEP shades closed to reduce heat entering and trapping in your home.
- DO NOT let the water run when brushing teeth and washing dishes.
- USE torn or old clothes as household rags rather than purchasing rags.
- REUSE plastic bags for trash and other purposes.
- USE a push mower instead of a gas-powered lawn mower, depending on your physical condition.
- CHANGE your shower head for one that saves water.
- USE everyday household/natural products to clean rather than using prepared cleaning solutions.
- USE rechargeable batteries and increase their life by storing batteries in the refrigerator.
- CHECK your home to see if anything needs repair on a regular basis, and fix as much as you can yourself. If you keep things in good working order, they last longer.
- ACCEPT hand-me-downs from people you know.
- E-MAIL for free samples that are offered by companies.
- REUSE plastic storage bags, washing them and storing them with care.

New in July

- TURN OFF LIGHTS when you leave rooms.

New for the Holiday Season:

- USE dishtowels instead of paper towels.
- RE-USE the wax paper in which dry cereal comes as it is of excellent quality.
- COVER in-wall air conditioners and remove window-installed air conditioners to keep rooms warm
- INSTALL weather stripping and other coverings to eliminate drafts from windows, doors and electric sockets.
- **Add your own tips!**