



SURVIVING THE BIG CHILL

low & no cost tips

ABCD Energy programs are here to help keep your home warm in winter and cool in summer, all while saving you money.

Heating & Cooling Tips

- If possible, install a programmable thermostat.
- Set thermostat to 60°F at night and when no one is home.
- Clean and tune your oil heating system once a year and your gas system every two years.
- Replace your furnace filter every month, especially if you have pets.
- Set refrigerator temperature between 37° - 40°F.

Laundry Tips

- Wash and rinse clothes in cold water.
- Avoid over-drying clothes.
- Set water level to match load size.
- Clean the lint trap after every load.

Cooking Tips

- Defrost frozen foods in the refrigerator and avoid pre-heating.
- Use the smallest pan possible to cook because smaller pans require less energy.
- Whenever possible, use your microwave or toaster oven instead of your conventional oven.
- Keep refrigerator stocked if possible; it takes more energy to cool an empty refrigerator.

APPLY TODAY!

- **Residents of Boston, Brookline, and Newton** can reach ABCD Fuel Assistance at: 178 Tremont Street, Boston MA. Call us at 617.357.6012 TTY: 617.423.9215
- **Residents of Everett, Malden, Medford, Melrose, Stoneham, Winchester, and Woburn** can reach ABCD Fuel Assistance at: 18 Dartmouth Street, Malden MA. Call us at 781.322.6284



Water Heating Tips

- Repair leaking hot water faucets immediately.
- Reduce hot water heater temperature to 120°F.
- Install low flow shower heads and faucets to save energy and water.
- Use cold water whenever possible and never run hot water needlessly.

Water Conservation Tips

- Repair leaky faucets promptly.
- Take showers, not baths, because they use up less hot water.
- Don't let the tap water run unnecessarily while you wash or shave.

House Heating & Warming Tips

- Stuff towels or rags under doors and cover windows with blankets at night.
- Place hand drapes, bedding or shower curtains over doors or windows.
- Caulk and weatherstrip around windows and doors, sealing holes and cracks.
- Put plastic and duct tape around windows. If possible, install storm windows.
- When purchasing new windows and appliances, look for the Energy Star® logo.
- Install foam gaskets behind electrical outlets to stop cold air infiltration.
- Move furniture and draperies away from radiators, vents and registers.
- Turn off lights in any room you are not using. Don't heat unused rooms.
- Replace traditional light bulbs with LEDs

HEATING EMERGENCIES

- **In addition to contacting ABCD's Energy Department, you can call:**
The United Way: 800.231.4377 or dial 211
The Salvation Army: 617.542.5420

Or make an appointment at your nearest ABCD intake site (listed on back/next page.)

ABCD FUEL ASSISTANCE PROGRAM

INTAKE SITES: 2019-2020

Please call for hours and to make an appointment.
Translation services are available.

BOSTON

ABCD Central Office
178 Tremont Street, 4th Floor
Boston, MA 02111
617.357.6012
TTY: 617.423.9215

ALLSTON/BRIGHTON

640 Washington Street
Brighton, MA 02135
617.903.3640

CHARLESTOWN

John F. Kennedy Center
23A Moulton Street
Charlestown, MA 02129
617.241.8866

55 Bunker Hill Street
Charlestown, MA 02129
617.241.8866

CHINATOWN

Asian American Civic Assoc.
87 Tyler Street, 5th floor
Boston, MA 02111
617.426.9492

DORCHESTER

110 Claybourne Street
Dorchester, MA 02125
617.288.2700

EAST BOSTON

21 Meridian Street
East Boston, MA 02128
617.567.8857

JAMAICA PLAIN

30 Bickford Street
Jamaica Plain, MA 02130
617.522.4830

CITYWIDE HISPANIC CTR

30 Bickford Street
Jamaica Plain, MA 02130
617.506.7917

MATTAPAN

535 River Street
Mattapan, MA 02126
617.298.2045

MYSTIC VALLEY AREA*

18 Dartmouth Street
Malden, MA 02148
781.322.6284

*Malden, Medford, Everett,
Melrose, Stoneham,
Winchester, Woburn

NORTH END/WEST END

1 Michelangelo Street
Boston MA 02113
617.523.8125

ROXBURY/NO. DORCHESTER

565 Warren Street
Roxbury, MA 02121
617.442.5900

PARKER HILL/FENWAY

714 Parker Hill Street
Roxbury, MA 02120
617.445.6000

SOUTH BOSTON

424 West Broadway
South Boston, MA 02127
617.269.5160

SOUTH END

554 Columbus Avenue
Boston, MA 02118
617.267.7400

BROOKLINE

Brookline Senior Center
93 Winchester Street
Brookline, MA 02446
617.730.2777

NEWTON

Newton City Hall
1000 Commonwealth Ave.
Newton, MA 02459
617.796.1663

For other cities and towns in Massachusetts, call 800.632.8175.

bostonabcd.org