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.

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.

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.

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.

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.

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

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

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: 2023-2024

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

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<th>BOSTON</th>
<th>MATTAPAN</th>
<th>SOUTH END</th>
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| ABCD Central Office  
178 Tremont Street, 4th Floor  
Boston, MA 02111  
617.357.6012  
TTY: 617.423.9215 | 535 River Street  
Mattapan, MA 02126  
617.298.2045 | 554 Columbus Avenue  
Boston, MA 02118  
617.267.7400 |
| ALLSTON/BRIGHTON | MYSTIC VALLEY AREA* | |
| 640 Washington St., Suite 201  
Brighton, MA 02135  
617.903.3640 | 18 Dartmouth Street  
Malden, MA 02148  
781.322.6284 | |
| | | BROOKLINE |
| | | Brookline Senior Center  
93 Winchester Street  
Brookline, MA 02446  
617.730.2777 |
| 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 | NORTH END/WEST END | |
| Asian American Civic Assoc.  
87 Tyler Street, 5th floor  
Boston, MA 02111  
617.426.9492 | 1 Michelangelo Street  
Boston MA 02113  
617.523.8125 | |
| DORCHESTER | ROXBURY/NO. DORCHESTER | |
| 110 Claybourne Street  
Dorchester, MA 02124  
617.288.2700 | 565 Warren Street  
Roxbury, MA 02121  
617.442.5900 | |
| EAST BOSTON | PARKER HILL/FENWAY | |
| 21 Meridian Street  
East Boston, MA 02128  
617.567.8857 | 714 Parker Street  
Roxbury, MA 02120  
617.445.6000 | |
| | SOUTH BOSTON | |
| | 424 West Broadway  
South Boston, MA 02127  
617.269.5160 | |

For other cities and towns in Massachusetts, call 800.632.8175.

bostonabcd.org