



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.)