

# Week 3: Doing Things the Old-Fashioned Way



We often turn off the lights when we leave our homes to cut down on our energy bills and energy usage. But what are other ways to cut down on our household energy usage? A lot of appliances use a surprising amount of energy, and either reducing your use of these appliances or opting for a less energy-intensive alternative can help reduce your footprint. Additionally, check out some tips on the next page on how to reduce your energy usage from lighting fixtures!

## High-Energy Devices

- Dishwasher — 1,200-1,500 Watts
- Clothes Dryer (electric) — 3,000 Watts
- Hair Dryer — 1,500 Watts
- Vacuum — 1,000 Watts

Of course some essential appliances use a lot of energy, but these are a couple that could be avoided when necessary! Little switches here and there can add up and save you a lot of energy.



## Saving Energy with Lights

- Check rooms before leaving the house to make sure lights are off
- Invest in dimmer switches which can drastically save energy and increase the lifespan of light bulbs
- Swap old bulbs for LED bulbs, which last longer and are more efficient
- Rely on natural sunlight during the day (this can also help with heating too!)

Thank you again for joining the Sustainable Habits Challenge; you are more than halfway done! Keep up the great work.

Contact [iseesustainabilitychallenge@gmail.com](mailto:iseesustainabilitychallenge@gmail.com) with questions, stories, or feedback!

**Please submit your Week 3 form by Sunday night, 10/22.**