



Energy Resource Toolkit



Energy Action Items

- I only use the amount of light necessary and use natural light when possible
- I use a power strip and turn it off when not in use
- Ask your friends or visit a nearby thrift store to find drying racks, power strips, door sweeps, and more!
- I keep windows closed if air conditioning/heating is on
- Before I leave for breaks, I unplug my appliances and electronics, close my windows, and turn off all lights
- I use a drying rack to dry my laundry to save energy when possible
- Ask your friends or visit a nearby thrift store to find drying racks, power strips, door sweeps, and more!
- I have “door sweeps” on all doors leading directly outside’
- Ask your friends or visit a nearby thrift store to find drying racks, power strips, door sweeps, and more!
- I don’t have a mini fridge in my room
- I set thermostats (or air conditioning) within energy guidelines if possible
 - **When in your room -- 68 (heating) -- 76 (cooling)**
 - **When out for the day -- 60 (heating) -- 85 (cooling)**
 - **When away on break -- 55 (heating) -- OFF (cooling)**
- I use the cold water (AKA bright colors) setting on the washing machine
- I take the stairs instead of the elevator if possible
- During the cold weather, I open the blinds during the day and close the blinds at night
- I avoid letting the dryer run for the full time period and pull out clothing as it dries



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Further Learning

- ⚡ [Low-Income Home Energy Assistance Program \(LIHEAP\) government website](#); see if you're eligible for reduced energy bills!
- ⚡ [Energy, Electricity & the Climate Crisis, Temple Sustainability Blog](#)
- ⚡ [2020-2021 Sustainability Annual Report](#) for more information on Temple's emissions (page 7 and pages 36-39)
- ⚡ [POWERING OUR FUTURE: A CLEAN ENERGY VISION FOR PHILADELPHIA](#) for an energy and emissions overview of Philadelphia
- ⚡ [Energy Justice Now! \(4:23\)](#)
- ⚡ Check out page 36 of the [2020-2021 Sustainability Annual Report](#) for Temple's progress on its Energy Climate Action Plan goals
- ⚡ [The Invisible Power Struggle with Leah Stokes, Why Is This Happening? with Chris Hayes](#)
- ⚡ [PECO has millions available to help with energy bills, but says few eligible customers are applying for assistance, Philly Voice](#)