



# Fight the Frost this Winter

By U.S. Environmental Protection Agency, Region 7

## Tips to Keep Warm, Save Energy and Help the Environment

Improve your home's comfort and save energy and money while doing the right thing for the environment. Follow these simple recommendations from the U.S. Environmental Protection Agency:

**Know the Facts** – The average family spends \$1,400 a year on energy bills, with nearly half of that spent on heating and cooling. Energy-efficient heating and cooling equipment, sized and installed correctly, with properly sealed ducts, can save homeowners as much as 20 percent on their annual energy costs.

**Keep it Clean** – A dirty air filter can increase your energy costs and lead to early equipment failure. Clean or change the air filter in your heating and cooling system monthly. Some filters only need to be changed every 3 months.

**Bundle Up Your Home** – Hidden gaps and cracks in a home can add up to as much airflow as an open window. Start by sealing air leaks and adding insulation—pay special attention to your attic and basement, where the biggest gaps and cracks are often found.

**Tighten Your Ducts** – If you have a forced air furnace or heat pump, then a duct system is responsible for circulating warm air throughout your home. Sealing your ducts can save up to \$140 annually on energy bills and help you consistently heat every room.

**Don't Oversize** – If you're replacing old equipment, make sure your new equipment is properly sized for your home. Correct size and proper airflow will ensure that your equipment works efficiently, saves you money, and helps protect our environment.

**Put Your Home to the Test** – Doing a home improvement project this winter? Energy Star has online tools to evaluate your home's energy performance and offer solutions to increase comfort and energy efficiency. Visit [www.energystar.gov/homeimprovement](http://www.energystar.gov/homeimprovement). Have your utility bills handy for savings calculations.

**Consult a Professional** – Find an experienced, licensed contractor before embarking on any heating and cooling overhaul. Visit <http://www.hvacadvice.com> to find a contractor whose technicians are certified by NATE (North American Technician Excellence), the leading industry-supported testing and certification program.

**Cash in on Special Offers** – Concerned about the cost of new heating equipment? Check with your local utility or visit the rebate

## Winter Wise Your Home




Doing little things around the house can go a long way to having a healthy winter.



For more information about winterizing your home, contact EPA at 800-223-0425.

To inquire about how to receive assistance for home owners and residential property owners through the Home Performance with Energy Star Program, contact the Metropolitan Energy Center at 816-531-7283.

To inquire about managing your child's asthma, and for more information on safe and healthy homes and how to receive a healthy homes assessment, contact Children's Mercy Hospital at 816-855-1895.

To inquire about getting your child tested for lead poisoning and for more information on resources to rid your home of lead hazards, contact the Kansas City, Missouri Health Department at 816-513-6048.






[www.epa.gov/region07/citizens/healthy\\_homes.htm](http://www.epa.gov/region07/citizens/healthy_homes.htm)

finder at [www.energystar.gov/rebatefinder](http://www.energystar.gov/rebatefinder) to see if there are any special deals on high efficiency heating equipment.

**Shop Smart** – If your heating equipment has been poorly maintained and is 15 years or

older, it's probably time for a more efficient replacement. Ask for an Energy Star when buying furnaces, heat pumps, boilers and programmable thermostats.