

Heating Your Home

Why we care

Heating your home accounts for about 40% of your total household energy. To reduce that energy use and attendant fossil fuel emissions, consider the following steps.

Simple, positive steps

Weatherize your home first so you don't lose heat.

- Check out the [Weatherizing Your Home](#) Eco-Tip.

Easy & Free Solutions

- For a traditional heating source, the US Department of Energy suggests that you could save 10% on your energy bills if you set back your thermostat by 7-10 degrees below its normal settings for 8 hours each day. It recommends a thermostat setting of 68° during the day and 60-65° at night or when the building is unoccupied.
- Cold? Warm socks, a blanket, a sweater, or microwave heating pad can be just enough to keep you toasty without turning up the heat.

Home Upgrades

- Consider a [heat pump](#). An air-source heat pump will trim your carbon dioxide emissions by about 40% compared to a gas furnace. Another benefit is comfort: it's much better than a furnace at maintaining a constant temperature and humidity. [Federal tax credits](#) are available, and [Energy Trust](#) offers incentives for some income levels.
- If that's not feasible, consider replacing your older gas furnace with a high efficiency one (95%).

When Building New

- Build a [Passive House](#), [ENERGY STAR](#), [Earth Advantage](#), or [LEED](#) certified home to minimize heating needs.
- A radiant-floor hydronic heating system is more efficient than baseboard and sometimes, more efficient than forced-air heating. The added comfort is significant.

Questions or feedback? Contact Jeanne Roy at jeanne@ecoschoolnetwork.org