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## Group offers tips for lowering cooling costs

Wednesday, June 23, 2010

Little Rock - Though summer only officially started on Monday, the month of June has featured several days of record and near-record high temperatures. Arkansans are looking at the possibility of high temperatures and the accompanying rise in electricity usage through September.

Progress Arkansas, a coalition focused on economic, energy and environmental solutions for Arkansas, today issued a fact sheet with tips to keep cool while also keeping electric bills as low as possible to save you money.

According to the U.S. Energy Information Administration, 49% the average home's electric bill is spent on heating and cooling.

"The easiest way to reduce your summer cooling costs is to reduce the time your air conditioner has to run," said Progress Arkansas Executive Director Scott Carter. "Progress Arkansas offers this list of suggestions that will make it easier to stay cool and run your air conditioner less."

Tips include:

- Set your thermostat to 78 or the highest comfortable temperature. Each degree cooler than 78 will increase your bill as much as 3%.
- Install compact fluorescent light bulbs in the fixtures you use most as incandescent light bulbs produce 10% light and 90% heat.
- Seal and weather-strip doors and windows to ensure your home retains as much cool air as possible and blocks warm air from entering.
- Use your microwave, toaster oven, slow cooker, broiler oven or other energy saving appliances for cooking food because they use half the energy of a regular oven and keep your kitchen cooler.

The full list is available on the [Progress Arkansas website](#).