

50 Ways to Cut Your Energy Bill

A free checklist from CCM Energy — organized from free fixes to bigger investments. Check your **CCM Energy Score** at <https://ccmenergy.org> to see which category matters most for your home.

No-Cost (Do Today)

- Lower water heater temperature to 120°F
- Seal visible drafts around exterior doors
- Seal visible drafts around windows
- Clean or replace your HVAC air filter
- Switch to LED bulbs in your 5 most-used fixtures
- Unplug rarely-used electronics and chargers
- Set ceiling fans to spin counter-clockwise in summer
- Close curtains/blinds during peak summer afternoon sun
- Run dishwasher and laundry only with full loads
- Check your state's actual average electricity rate against your bill

Low-Cost (Under \$50)

- Install a programmable or basic smart thermostat schedule
- Add door draft stoppers to exterior doors
- Install outlet and switch plate insulation gaskets
- Add a water heater insulation blanket (electric tanks)
- Install low-flow showerheads to cut hot water demand
- Add weatherstripping to window frames
- Install a smart power strip for entertainment electronics
- Check and clean refrigerator coils
- Add a chimney balloon/draft stopper if you have an unused fireplace
- Replace any incandescent bulbs still in daily-use fixtures

Medium Investment (\$50–\$500)

- Get a professional or DIY home energy audit
- Add attic insulation if below recommended R-value
- Seal major duct leaks in accessible areas
- Replace an old, inefficient garage refrigerator or freezer
- Install ENERGY STAR ceiling fans in main living areas
- Add cellular shades to high-heat-gain windows
- Upgrade to a smart thermostat with occupancy sensing
- Add door sweeps to all exterior doors
- Insulate accessible hot water pipes
- Check for and seal attic bypasses (recessed lights, plumbing chases)

Larger Investment (\$500+, Check Rebates First)

- Replace an aging HVAC system with a heat pump
- Replace electric-resistance baseboard heat with a heat pump
- Replace a standard water heater with a heat pump water heater
- Add whole-home attic and wall insulation
- Replace single-pane windows with ENERGY STAR-rated windows
- Apply for DOE Weatherization Assistance Program (WAP) if eligible
- Install a residential solar system (check the 30% federal ITC)
- Upgrade your electrical panel to support future efficiency upgrades
- Add a home battery for backup and time-of-use optimization
- Replace an aging gas furnace with a high-efficiency model or heat pump

Ongoing Habits & Monitoring

- Check your CCM Energy Score every few months
- Shift laundry/dishwasher/EV charging to off-peak hours if available
- Compare your state's electricity rate annually
- Re-check LIHEAP/WAP eligibility if income changes
- Track your annual energy burden (cost ÷ income), not just monthly bills

- Review your utility bill's delivery vs. energy charges annually
- Ask your utility about time-of-use rate plans
- Re-caulk exterior gaps every 2–3 years
- Replace HVAC filters on a fixed schedule (mark your calendar)
- Recheck federal/state rebate eligibility yearly — programs change

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