

# Energy Saving Facts

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## When to turn off personal computers

If you're wondering when you should turn off your personal computer for energy savings, here are some general guidelines to help you make that decision:

Though there is a small surge in energy when a computer starts up, this small amount of energy is still less than the energy used when a computer is running for long periods of time. For energy savings and convenience, consider turning off:

- The monitor if you aren't going to use your PC for more than 20 minutes
- Both the CPU and monitor if you're not going to use your PC for more than two hours.

Plug in your monitors, printers, and other accessories into a power strip. When this equipment is not in use for extended periods, turn off the switch on the power strip to prevent them from drawing power even when shut off. If you don't use a power strip, unplug extra equipment when it's not in use.

Screen savers are not energy savers. Using a screen saver may in fact use more energy than not using one, and the power-down feature may not work if you have a screen saver activated. In fact, modern LCD color monitors do not need screen savers at all. For more tips, visit the Department of Energy Web site at [www.energysavers.gov/your\\_home/appliances/index.cfm/mytopic=10070](http://www.energysavers.gov/your_home/appliances/index.cfm/mytopic=10070).

It is important to be aware when NMCI updates your computer. Contact your Building Energy Monitor or Resource Efficiency Manager if you have any questions.

## Food service and refrigeration equipment

Fully load cooking equipment to use energy efficiently. However, be careful not to overload beyond the recommended capacity.

Keep pots covered to reduce heat loss.

Remember, keep refrigerators full too. A full refrigerator retains the cold longer and will cycle on less frequently.

If ice makers are used in your business, reduce your energy costs by choosing the right one for the job.

Preheat cooking equipment at the manufacturer's recommended setting.

Keep evaporator coils clean and free of ice build-up with regular maintenance.

Install automatic door-closers and strip curtains on walk-in freezers or coolers.

Make sure oven doors fit tightly by adjusting door latches, and that gaskets are in good condition.

Buy insulated cooking equipment when possible since insulation keeps more heat in the equipment instead of the room.

Consider replacing broilers with smooth or grooved griddles... your energy consumption will be significantly reduced.

Report broken or malfunctioning equipment to your Building Energy Monitor