How to Improve the Energy Efficiency of Your Home
NHSAVES Button Up Overview

- Energy Use and Savings Tips
- Insulation and Air Sealing A-B-Cs
- What to Do?
- NHSAVES Programs
What is the “greenest” energy?
Energy that you don’t use!
We Spend a Lot on Energy!

NH spends over $5 billion per year on energy

New Hampshire Residential Energy Costs per Household, ~$3,100, 2017

- Space Heating 40%
- Water Heating 13%
- Refrigerators 7%
- Air Conditioning 3%
- Other 37%

Current NH energy fuel prices: [www.nh.gov/osi/energy/](http://www.nh.gov/osi/energy/)
Get to Know Your Energy Bills

Know how much electricity you are using
And what is using it

**Average NH Usage:**
(residential bill -- varies widely)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daily</strong></td>
<td>~20 kWh</td>
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<tr>
<td><strong>Monthly</strong></td>
<td>600 kWh</td>
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<tr>
<td><strong>Annually</strong></td>
<td>7,200 kWh</td>
</tr>
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</table>

**Bill source:** Eversource
How much electricity do individual appliances use?

- **Use a watt meter**
  - Available from NH public libraries
  - Measures watts, time, and kilowatt-hours with appliance on or off
Electricity Usage Calculations

Watts x Hours = Watt-Hours
1,000 Watt-Hours = 1 Kilowatt-Hour (kWh)

Example-

TV set: 300 watts when on
Average use per day: 3 hours
Per day: 300 * 3 hours = 900 watt-hours
Per year: 900 * 365 days = 328,500 watt-hours

Convert watt-hours to kilowatt-hours;
328,500 / 1,000 = 328.5 kWh per year

~$55 in electricity (@ ~17¢ per Kilowatt-Hour)
## Major Household Electricity Uses

<table>
<thead>
<tr>
<th>Residential Electricity Use</th>
<th>Approximate Annual Kilowatt-hours</th>
<th>Potential for saving energy</th>
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</thead>
<tbody>
<tr>
<td>Lighting</td>
<td>1,200</td>
<td>***</td>
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<tr>
<td>Electric Water Heater</td>
<td>2,100</td>
<td>***</td>
</tr>
<tr>
<td>Refrigerators &amp; Freezers</td>
<td>1,050</td>
<td>***</td>
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<tr>
<td>Dehumidifiers</td>
<td>900</td>
<td>***</td>
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<tr>
<td>Electric Clothes Dryer</td>
<td>800</td>
<td>**</td>
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<tr>
<td>Entertainment Centers</td>
<td>650</td>
<td>*</td>
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<tr>
<td>Furnace Fans &amp; Boiler Pumps</td>
<td>400</td>
<td>*</td>
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<tr>
<td>Dishwasher &amp; Clothes Washer</td>
<td>350</td>
<td>**</td>
</tr>
<tr>
<td>Cooking</td>
<td>300</td>
<td>*</td>
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</table>

Electricity consumption varies widely from household to household. Energy savings come from efficiency and/or conservation.
Whole House Electricity Monitors

- **Provides:**
  - Current electrical use
  - Total consumption by day, week, etc.

- **May also provide**
  - Usage by circuit
  - Individual device use

- **Brands:**
  - Sense, Smappee, Engage, TED, Vue Smart, etc.

- $100 - $300
Energy Saving Tip: Conservation!

Shut things off when not in use
Energy “drips” use power when the device is off

• These phantom loads include:
  • Plug in chargers
  • Anything with a clock
  • Anything with a remote
  • Anything with a light
  • DVRs and set-top boxes
Phantom Loads - Some Examples

**POWER DRAINS**

- **LG washing machine**
  - 7W: On but not running
  - 4W: Off

- **Apple TV, first generation**
  - 21W: On
  - 17W: Off

- **Samsung cable box**
  - 28W: On and recording
  - 26W: Off and not recording

- **Apple MacBook, plugged in**
  - 48W: Open, charging
  - 48W: Closed, charging
  - 27W: Open, fully charged

By The New York Times

A good solution – **smart** power strip:

Available from the NHSaves Catalog
Other Energy Conservation Tips

• Turn down hot water heater temperature to 120° at tap
• Set dehumidifiers appropriately
  • Target +/-60% max humidity
• Wash clothes in cold water
• Line dry clothes *outside*, if possible
Lighting Efficiency

The LED Lighting Revolution!

• Any existing 60+ watt light bulbs?
  • Easy $$ savings per year with LED bulbs

• Lots of opportunities
  • Screw-in light bulbs
  • Outdoor lighting
  • Holidays lights
  • Can lights and linear lighting

• Look for:
  • Light color (2700° K = “warm white” is what most people like)
  • Dimming and dimmer capability
  • “Suitable for enclosed fixtures”
  • “Suitable for damp locations”
Other Energy Efficiency Tips

Saving electricity and other fuels

- Low-flow showerheads and faucet aerators
- Hot water and heating pipe insulation: R-3+
- Smart plugs, hubs and switches
- Use ENERGY STAR labeled appliances and electronics
NHSAVES Rebates on ENERGY STAR Appliances

Rebates include:
Electric Clothes Dryers $40 - $200
Clothes Washers $25 - $50
LED light bulbs instant rebates
Refrigerators $40 - $75
Room Air Conditioners $20

Also pool pumps, room air purifiers & dehumidifiers

And free haul-away + $30 for recycling an OLD refrigerator or freezer

www.energystar.gov lists appliance efficiency

NHSAVES.com/nh-rebates for appliance rebate forms & updates
Fact: We have to heat our homes to live in New Hampshire and stay warm.

Goal: Use less energy to heat our homes and still stay warm and comfortable (not just turn down thermostat!)
Heating Energy Saving Tips

No or low cost options to use less heat:

• Turn down heat when you’re not in a room or in the house

• Use programmable or smart thermostats

• Remove window A/C units in winter

• Latch closed windows
1. Heat always moves from Hot to Cold.

- **Fact:** The heat inside our homes is always making its way through the building shell and heating the outdoors.
- **Goal:** Slow this process down

1. Heat moves via three methods:
- Conduction
- Convection
- Radiation
Conduction

The movement of heat through materials

**Insulation** is a poor thermal conductor: GOOD!
Lots of materials can be insulating...
R-Values  The higher the R-value the better the insulation

Approximate R-values:  *(per inch, if installed properly)*

- Fiberglass  R-3.7
- Cellulose  R-3.6
- Rigid foam board  R-4 - R-7
- Spray foam  R-6 - R-7
- Double pane window  R-3 (new windows)
- Softwood  R-1.3
- 8” concrete wall  R-1 (for 8”!)

*Functional R-values may be affected more by install quality than the material used.*
Installed Insulation R-Values

A **new house** built to the new 2015 **NH Energy Code**:

- **Attic**: R-38 to R-49
- **Walls**: R-20
- **Basement walls**: R-15 to R-19
- **Doors and windows**: R-3.1 (U ≤ 0.32)

**Average NH House** functional R-Values:

- **Attic**: R-10 to R-30 (some are R1!)
- **Walls**: R-3 to R-16
- **Basement walls**: R-1 to R-5

**Quiz:**
What is the average R-value of an attic with R-38 insulation covering 95% of the area?

*Hint: It’s less than R-30…*
Insulating Thermal Barriers May Be...

Insufficient (not enough R value)
Incomplete (no R value in spots)
Misaligned (R value there, but not working)
Insufficient (not enough R value)
Incomplete (missing R value in spots)
Any Problems?
Misaligned Insulation
(R value not doing anything)
“Heat Rises:” True or False?

Answer: FALSE!

Heat conduction can move in any direction

But… Warm AIR will rise (making it look like heat is rising)

Heat actually moves from hot to cold
Convection Causes Air Leakage

Warm air is more buoyant – rises and leaks out the top of a building

Cold air leaks in down low

Convective air currents = “Stack Effect”
Stronger when colder outside
Biggest Air Leakage Areas: “A - B – C”

- **A – Attic** (top of the building)
- **B – Basement** (bottom of the building)
- **C – Center** of the building
A – Lots of Air Leaks in the Attic

Common air leaks at the top of a building:

- Attic hatches and pull-down stairs
- Chimney chases
- Pipe and electrical penetrations
- Recessed ceiling lights
- Bath fans
- Electrical boxes in the ceiling
This Attic Hatch w- 16” Fiberglass: Good?

Hint: filter...
Moisture in Attics and Air Leakage

Attic air leaks can lead to condensation, mold and rot.

Warm, moist air leaks into the attic where it hits cold surfaces and condenses.

NOT a leaky roof.
An (air) leaky ceiling!
Air Sealing Opportunities in Basements and Crawl Spaces

- Exterior doors
- Electrical, plumbing and other penetrations
- Box sill (rim joist) area
- Around old basement windows
More visible, but fewer air sealing opportunities

- Cracks around exterior doors
  - “Q-lon” door kit weatherstripping
  - Bottom of door sweeps
- Fireplace flues can be huge leakers
- Old pulley-hung windows
- Most windows don’t leak much air
Fresh Air is needed for a healthy home

- For a typical home, about 1/3 of the home’s air should be exchanged every hour.
- Many NH homes are 2 – 4 times too leaky!
  - Leaky homes are “nosebleed dry” in winter.
“Seal Tight and Ventilate Right”
Mechanical Ventilation

Control air leakage, and...
Provide measured fresh air & stale air exhaust
As simple as a high quality bathroom fan
Or a heat recovery ventilator (HRV)
With controllability
High and low air flow settings
Timers, occupancy sensors, CO₂ sensors, etc.
Bath Fan Venting

Vent fans to **Outside** with insulated rigid vent pipe

*NOT into attic!*
Guess What This Is?
Bathroom Vent House in Attic
Sources of Indoor Moisture

- Eliminate, Isolate or Control:
  - Wet basements and crawl spaces
  - Dirt basements and crawl spaces
  - Bath fans venting into attics
  - Bathrooms without bath fans
  - Disconnected clothes dryer vents

*Other indoor moisture sources:* Plants, humans, pets, open sump pits, cooking, leaky pipes, new construction materials, open basement windows in summer
Indoor Air Pollution

Eliminate, Isolate or Control:

✓ Tobacco smoke
✓ Cooking odors
✓ Paints
✓ Solvents
✓ Fuel & engines
✓ Cleaning products
✓ New carpet / pads
✓ New furniture
✓ Dust
✓ Asbestos insulation
What is the biggest factor causing ice dams on this house?
The Solution?

Roof Melt Tablets

$17.99

Sku: 3752268

A safe and easy way to get rid of damaging ice dams on your roof!
Remember “ABC”-- Attic, Basement, Center -- for Insulation and Air Sealing

If using blown insulation, cover attic with 12” – 16”

*AFTER* air sealing!

Photo: blown-in cellulose attic insulation
A: Attic Air Sealing
Attic insulation and hatches
Cape / Kneewalls Air Sealing & Insulation
B: Basement air sealing - before...and after
Basements - Thermax or Spray Foam

Fix basement water issues first

Uncovered foam needs a fire barrier. Professional installation advised.
C: Air Sealing in Center of House

“Chimney Balloon”
Framed Wall Insulation- best after attic and basement are improved

Densepack cellulose air seals & insulates empty cavities

During installation, densepack tube is inserted into each cavity.

Professional installation recommended.

Image courtesy of Vermont Dept. of Children & Families
Seal Leaky Attic and Basement Ducts

Mastic!

- Goop on to seal ducts
- Reinforce with drywall joint tape
- NOT duct tape!
- Then insulate ducts completely
What about windows?

There are many reasons to replace windows...

...Cost-effective energy savings is rarely one of them.

New windows ~R-3 – R-4

Old windows, with leaky sashes, can be replaced, or...

Other options include adding storm windows, indoor storms, cellular shades, or window quilts.
Are you feeling overwhelmed?
Priorities-1: The $100 DIY Package
~50% return on investment

- LED light bulbs
- Low-flow showerheads and faucet aerators
- Simple DIY air sealing in Attic and Basement
- Smart power strips
Priorities-2: The $1,000 Package

~20% ROI

All the items in the $100 package, plus:

- **Strategic air sealing**
  - A-B-C Attic and basement priorities
- **Smart thermostat(s)**
- **Pipe insulation** where needed
- **Duct sealing** with mastic, and added duct insulation
- **Window treatments** – cellular insulating shades, etc.

- Home Performance with ENERGY STAR $100 energy assessment, if qualified
Priorities-3: The $10,000 Package
~10% ROI

All of the items on the $1,000 package, plus:

- Full energy **assessment** with prioritized recommendations
  - TREAT, REM-Rate or Home Energy Score energy modeling if considering options
- Blower-door guided **air sealing** throughout the house
- Upgrades to attic, basement and wall **insulation**
- New **bath vent fan** and improved exhaust vent ducting
- Strategic **appliance**, **heating**, **cooling** and domestic **hot water** improvements
Comprehensive, whole-house energy assessment

• Building envelope inspection & tests
• Combustion equipment efficiency & safety tests
• Written report with prioritized list of cost-effective improvements
Finding Qualified Energy Professionals

• Look for -
  • Certifications: BPI Building Analyst or RESNET Energy Rater
  • Tools of the trade: blower door, infrared camera, combustion analyzer, etc.
  • Experience, references, written energy assessment / proposal

• Qualified contractor lists
  • REPA - NH Residential Energy Performance Association vetted full member profiles www.repa-nh.org
  • NH Saves qualified residential contractors
Tools of the Trade: Blower Door

**Blower Door**

- Measures *amount* of air leakage: CFM$_{50}$
- Identifies *sources* of air leakage
- Determines air ventilation rates
- Prioritizes air sealing opportunities
- Confirms amount of air sealing accomplished
Tools of the Trade: Thermal Camera

Infrared Thermal Camera

- Visual images of hot and cold areas
- Helps sleuth insulation issues
- Used with a blower door to show air leakage pathways
Back-drafting flue gases into a home can poison occupants.

Seek combustion safety assistance from a home performance professional.

Make sure CO detectors are installed and functional.
Heating System Recommendations

- Test & clean regularly
- Seal and insulate ducts
- Replace furnace filters regularly
- Consider a more energy efficient replacement
Beautiful, large, expensive… but a huge energy hog, with a massive ice dam problem!
Recessed can lights in attic
What is different about this house?
Shelf lighting was the culprit!
More attic ventilation?
NHSaves Programs and Incentives

- Lighting and ENERGY STAR appliance rebates
- Heating, cooling and water heating systems
- ENERGY STAR new homes
- Net Zero home competition
- Home Energy Assistance
- Financing

- Energy audits and weatherization
  - Home Performance with ENERGY STAR

nhsaves.com
Heating, Cooling & Hot Water Incentives

NHSaves rebates for efficient systems

- Mini-split cold climate heat pumps as well as a/c only
- Natural gas boilers, furnaces & hot water
- WiFi smart thermostats (w-heat pumps & natural gas)
- Heat pump electric hot water heaters

Go to [NHSAVES.com](http://NHSAVES.com) for specific incentives

- Utility-specific
- Financing
- Funding availability
High Efficiency Heat Pumps

Ductless Cold Climate Heat Pumps for A/C & Heat

• “Mini splits” heat and cool air
• “Cold climate” models
  • Can extract heat from -20° air!

Heat Pump Hot Water Heaters

• More efficient than regular electric water heaters

How it Works:

- Summer operation: Heat extracted from the air is used to cool the heat pump condenser.
- Winter operation: Heat extracted from the air is used to heat the house.

How Heat Pumps Work
Energy Efficient NEW Construction

NHSaves ENERGY STAR Certified NEW Homes

- Incentives for builders
- Verified by a HERS Rater
- Energy savings, more comfortable and higher resale value

- “Drive to Net Zero Competition” for home builders
  - Net zero homes = no net usage of energy
  - “Reduce then produce” - typically with solar PV
  - Cash prizes for builders
Net Zero Homes: The Future

Solar PV on the roof, heat pump heating, cooling and hot water, super insulated and excellent air quality

Picture: Vermod
NH nominee Existing Homes - Home Performance with ENERGY STAR

NHSaves.com/programs/energy-audits-weatherization

- Qualify with online “Home Heating Index” calculator
- Provides home energy audit for $100
  - Credited towards improvement work -- net cost: $0
- Pays for 50%* of eligible energy improvements up to $8,000 (2021) *Utility cost-share may increase in 2021
- Low or no interest financing may be available
Save money and energy with Home Performance with ENERGY STAR®!

Home Performance with ENERGY STAR® is a comprehensive, whole house approach to improving energy efficiency and comfort at home, while reducing your energy costs and helping the environment. Installing energy efficient upgrades can save you up to 20% or more on your annual energy costs.

TEST YOUR HOME
**NHSaves- Home Heating Index Calculator**

**CHECK YOUR ELIGIBILITY**

**STEP 1 | Basic Information**

<table>
<thead>
<tr>
<th>Electric Utility</th>
<th>Zip Code</th>
<th>Conditioned Square Footage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eversource</td>
<td>03246</td>
<td>2000</td>
</tr>
</tbody>
</table>

How do I calculate Conditioned Square Footage?

**STEP 2 | Annual Heating Fuel Usage**

Only the amount of fuel used to heat your home for the last 12 months

- **Electricity (kWh)**: Enter Usage Value
- **Natural Gas (Therms)**: Enter Usage Value
- **Heating Oil (Gallons)**: Enter Usage Value
- **Propane (Gallons)**: Enter Usage Value
- **Wood (Full Cords)**: Enter Usage Value
- **Wood Pellets (Tons)**: Enter Usage Value
- **Kerosene (Gallons)**: Enter Usage Value
Home Heating Index Results: 8+ √

**YOUR RESULTS**

**Basic Information**
- Electric Utility: Eversource
- Zip Code: 03246
- Conditioned Square Footage: 2000

**Heating Index**
Your home may be a good candidate for weatherization services.

- 0 - 4: Low Energy
- 4 - 8: Moderate Energy
- 7 - 8: High Energy
- 8+: Very High Energy

**Annual Heating Fuel Usage**
- 75,400.00 BTUs/SF
  - Fuel Types: Heating Oil, Wood
  - Heating Oil: 800 Gallons
  - Wood: 2 Full Cords

**Enroll For Home Efficiency Audit**
Complete and submit your enrollment form. For more information about our energy audits and weatherization program, [click here](#).

[PROCEED TO ENROLLMENT FORM]
### Sample NHSaves Report (@ 50% cost-share)

<table>
<thead>
<tr>
<th>Proposed Improvement</th>
<th>Total Cost</th>
<th>Utility Rebate</th>
<th>Customer Co-Pay</th>
<th>ESTIMATED VALUES **</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pay Back Period</td>
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<td>(years)</td>
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<td>Customer Cost</td>
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<td>Savings ($/year)</td>
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<td>Customer Co-Pay Pre-Payment</td>
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<td><strong>Totals</strong></td>
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</table>

Annual energy savings: $719  
Total customer payment: $2,047  
35% return on investment!  
*Utility max rebate increasing in 2021, and will be other ways to qualify*
Income-Qualified Weatherization and Fuel Assistance Programs

• Weatherization Assistance Program & Home Energy Assistance
  • Financial assistance that pays for energy reduction measures in a home
  • Contact:
    • County-based Community Action Agencies (CAAs)
    • Your utility, or dial 211

• NH Electric and Fuel Assistance programs
  • Financial assistance with electricity and fuel bills
  • Same CAA, utility and 211 contacts
Contacts for Income-Qualified Programs

Contact a Community Action Agency (CAA) to learn more about income-qualified Weatherization and Fuel Assistance programs:

<table>
<thead>
<tr>
<th>Office Location</th>
<th>County</th>
<th>CAA</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Laconia</td>
<td>Belknap</td>
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<td>Carroll</td>
<td>TCCAP</td>
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<td>Keene</td>
<td>Cheshire</td>
<td>SCS</td>
<td>352-7512 or 800-529-0005</td>
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<td>Coos</td>
<td>TCCAP</td>
<td>752-3248</td>
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<td>Ashland</td>
<td>Grafton</td>
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<td>968-3560</td>
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<td>Hillsborough (M, W, Th &amp; F)</td>
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<td>SNHS</td>
<td>924-2243 or 877-757-7048</td>
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<td>Manchester</td>
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<td>436-3896 or 800-639-3896</td>
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<td>CAPSC</td>
<td>435-2500</td>
</tr>
<tr>
<td>Claremont</td>
<td>Sullivan</td>
<td>SCS</td>
<td>542-9528 or 800-529-0005</td>
</tr>
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More information at:
www.nh.gov/osi/energy/programs/weatherization/index.htm
Summary

- Know about your energy use and savings opportunities
- Air seal first: A-B-C
- Add insulation where you can
- For expert work, work with a home performance professional
- Utilize NHSAVES energy efficiency programs
Thank You

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Visit www.plymouthenergy.org for a copy of the presentation

Support future workshops …let your utility know.

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