

# Everyday Insights

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Health and wellness tips for your home and life—brought to you by the insurance professionals at **SCS Agency Inc**

## Save Money on Energy in Your Household

According to the National Energy Assistance Directors Association, energy costs will reach a decade-long high this winter. Heating costs are predicted to rise 28% for U.S. households relying on natural gas and 27% for those using heating oil. Electricity costs are also anticipated to increase 10% per the U.S. Energy Department. Read on for tips on how you can lower the energy bills for your home.

### Why Are Heating Costs Rising?

Many factors have contributed to the rapidly increasing energy costs this year including the following:

- A predicted colder-than-average winter
- Rising wholesale gas prices
- Depleted energy stores from increased demand during the 2020 and 2021 lockdowns
- Lowered supply stemming from financial sanctions put on Russian oil after the invasion of Ukraine

### How Can I Reduce Energy Costs in My Household?

With skyrocketing prices, you may be wondering how you can reduce or control your winter utility bills. Many may be tempted to simply turn down the thermostat. Fortunately, there are ways you can lower your energy bills while staying warm this winter.

Here are some tips to help you lower your energy bills:

- Use a programmable thermostat to automatically lower your temperature when you're not home.
- Seal areas where heat could escape from your windows and doors.
- Ensure radiators and vents are unobstructed.
- Open curtains and windows during the day and close them at night.
- Replace your furnace filter if it's dirty.
- Have a professional inspect your HVAC systems for leaks.
- Close the vents and shut the doors to rooms you're not using.
- Consider other sources of energy waste (e.g., leaky faucets, inefficient light bulbs).

Cold weather may make some increased energy costs inevitable. By using the above tips, and consulting the Department of Energy's [Energy Saver Guide](#), you can be well on your way to managing your winter utility bill.

For additional winter home safety tips, contact us today.