

FMEA Offers Florida Hot Weather Energy Savings Tips

TALLAHASSEE, FL, UNITED STATES, September 2, 2026 /EINPresswire.com/ -- Hot weather brings higher energy use as air conditioners run longer, electronics are used more, and refrigerators and freezers work harder to stay cold. The best way to control higher energy use is through conservation. Small changes in daily habits can reduce energy use and lower electric bills. As Florida continues to experience record high temperatures even as we approach the fall months, the [Florida Municipal Electric Association](#) (FMEA) offers these energy savings tips to help reduce energy use and save money.

"Higher temperatures often lead to increased electricity demand," said Amy Zubaly, FMEA Executive Director. "By making smart energy choices, customers can help lower their bills, conserve energy, reduce strain on the electric grid, and support reliable service for the entire community."

Some of the biggest household energy consumers are air conditioners, hot water heaters, major appliances and electronics. Here are some suggestions for how consumers can adjust usage of these items during the continued heat.

Cooling

Air conditioning is one of the biggest contributors to an electric bill and can account for about 50 percent of a home's energy use the year's hottest months.

- Set the thermostat higher when you are away and lower it when you return. A programmable thermostat can do this automatically without reducing comfort.
- Consider an energy-efficient dehumidifier. In hot, humid climates like Florida, it can work with your AC to reduce indoor humidity.
- Use ceiling fans to improve airflow and create a wind-chill effect that can make a room feel 3 to 4 degrees cooler.
- Keep windows, blinds or curtains closed during peak sun hours, which are typically between 10 a.m. and 4 p.m.

Water Heater

A standard tank water heater typically runs 3 to 5 hours a day and is usually the second-largest

energy expense in a home.

- Most water heaters are factory-set to 140 degrees, but lowering the setting to 120 degrees can maintain comfort and reduce costs.
- Improve efficiency by adding an insulating blanket to your water heater.
- Install a water heater timer to reduce how long the tank heats water.

Appliances

Major appliances account for about 13 to 25 percent of a typical home's electricity use.

- Check your refrigerator settings. Optimal temperatures are between 37 and 40 degrees for your fridge and 0 degrees for your freezer.
- Run dishwashers and washing machines early in the morning or late in the evening. Doing these chores during cooler hours can reduce indoor heat and humidity and ease the load on your AC.
- Avoid using the oven during hot days. It can heat your home and force your AC to work harder. Microwaves use up to 80 percent less energy than conventional ovens and generate less heat. Grilling outside is another good option.
- If you are taking a vacation, turn off and unplug appliances you do not need, set the water heater to its lowest setting, and shut off the water supply to the dishwasher and washing machine.

Electronics

Each year, energy for electronic devices costs an average of \$191 for every U.S. household.

- Unplug your phone chargers once you're done using them. Chargers that are plugged in are still pulling down power.
- Adjust the brightness settings on your TVs, computer monitors and tablets. Lowering the backlight by just a few notches can drastically reduce power consumption without impacting your viewing experience.
- When you're done with a game, shut your computer down. Many computer games continue to run even when you're doing something else, and don't allow the computer to go to sleep even if the game is paused.
- Avoid using gaming consoles to stream media. Streaming devices use 15 times less energy than gaming consoles.□

Florida's public power utilities work all year long to be among the most affordable power providers in the state. Their statewide average monthly electric bills are typically lower (roughly \$20 – 30 per month) than those of investor-owned utilities. Every year, Florida public power utilities invest millions on infrastructure, such as substation modernization, equipment upgrades and smart-grid technology, to improve system efficiency, reduce energy loss and prevent costly

repairs.

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