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FIVE APPLIANCES THAT CAN HELP YOU SAVE MONEY

Washington, DC (February 3, 2009)—Many Americans are finding themselves looking for ways to save money. The Association of Home Appliance Manufacturers (AHAM) has come up with a list of five appliances that may already be in your home, which can help you save money.

1. **Coffeemakers**—Save on pricy coffeehouse blends by brewing your morning cup at home. Resisting a three dollar cup of coffee will save you nearly \$1,000 per year!
2. **Freezers**—Stock up on frozen foods when they are on sale. In 2008, shipments of home freezers were up five percent as consumers started to realize the savings in stocking up on frozen sale items. Also, remember to shop for an ENERGY STAR freezer to save even more on energy costs.
3. **Water filters**—Use a water filtration system in your refrigerator instead of buying bottled water. This practice will save you money, and will help the environment by reducing the number of plastic bottles that clog landfills.
4. **Portable electric heaters**—Turn down the heat and use portable heaters in rooms that are used frequently. Keeping the thermostat down will save money while portable heaters provide direct and quick warmth.
5. **Cook at home**—An electric oven turned on for 1 hour on 350°F only uses 2kWh of electricity, costing just 24 cents. The cost of dining out can add up quickly. Try cooking at home for a low-cost meal.

For more tips for saving money and energy around your home, visit www.aham.org/consumer.

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The Association of Home Appliance Manufacturers (AHAM) is a not-for-profit trade association representing manufacturers of major, portable and floor care home appliances, and suppliers to the industry and is headquartered in Washington, DC. You can visit the AHAM web site at <http://www.aham.org>