Do this first

"Solar" is on his letterhead, but Steven Strong puts solar equipment at the end of his prescription for clients who want to be energy efficient: "It's a lot easier to save a unit of electricity than to produce it, no matter how you produce it," he says, telling them to start here:

.....

Insulate well, including in the attic and around ductwork.

Tighten air flow. "The issue with air sealing is really a critical one, but it's invisible, so it's hard to get your arms around."

Wrap the water heater in a thermal blanket.

Deploy energy-attuned storm windows. **Plug in** energy-saving fluorescent lights. **Install** energy-efficient appliances.

GLOBE STAFF GRAPHIC/MICHAEL PRAGER