

# ENERGY STAR® Compact Fluorescent Lights (CFLs)

## Fact

An average household spends about 15-25% of its annual electric bill on lighting due to inefficient fixtures and bulbs.

## Solution

Compact fluorescent lights – also called CFLs. Compact fluorescent lights have revolutionized energy-efficient lighting.

CFLs are miniature versions of full-sized fluorescents. They come in a variety of shapes and sizes that screw into standard lamp sockets. CFLs with the ENERGY STAR label are products that meet strict energy efficiency guidelines set by the U.S. Department of Energy (DOE) and the Environmental Protection Agency (EPA).

## Benefits

*Efficient:* CFLs are four times more efficient using up to 70% less energy and lasting up to 10 times longer than incandescent bulbs.

*Less Expensive:* Initially more expensive, but you'll save money over the long run.

*Earth-friendly energy solution:* Replacing one frequently used incandescent bulb with a CFL will keep a half-ton of CO<sub>2</sub> out of the atmosphere over the life of the bulb. Saving electricity reduces CO<sub>2</sub> emissions.

*Light Quality:* Advances in CFL technology provide a soft, warm light eliminating the “blue” light, flicker and hum.

*Variety:* ENERGY STAR labeled CFLs come in a variety of shapes and sizes and can be applied nearly everywhere that incandescent lights are used.



## Choosing the right CFL

- Choose the color temperature that's right for you:  
Warm White (similar to an incandescent)  
Cool White (bright white)
- Choose the shape:  
Most retailers carry a variety of CFLs to fit most lighting fixtures. See descriptions on the reverse side for the popular CFL shapes.
- Match lumens:  
Lumens indicate the amount of light being generated. Watts measure energy use. The higher the lumen rating, the greater the light output. See chart below:

Incandescent Light Bulbs Watts	Common ENERGY STAR Qualified Light Bulbs Watts	Minimum Light Output Lumens
40	9 – 13	450
60	13 – 15	800
75	18 – 25	1,100
100	23 – 30	1,600
150	30 – 52	2,600



\*A registered service mark of Sacramento Municipal Utility District.

## ENERGY STAR Compact Fluorescent Lights (Continued)

### Types of CFLs:

#### Spiral Lamps

Designed as a continuous tube in a spiral shape which has similar light casting qualities of a standard incandescent bulb. Spiral CFLs are made in several sizes to fit most common fixtures.



#### Standard Lamps

Spiral lamps with a dome cover designed to give the appearance of the traditional light bulb for consumers looking for the more familiar light bulb appearance. The glass diffuser provides a quality of light similar to the 'soft-white' type of incandescent bulbs.



#### Globe Lamps

This shape is commonly used in bathroom vanity mirrors, open hanging lamps, and bare bulb applications. Bathroom vanities usually require multiple bulbs, and generate radiant heat. The CFL globe will reduce this heat buildup while saving energy. The glass diffuser provides a soft-white light.



#### Flood Lamps

These lamps are designed for recessed and track lighting fixtures, indoors and outdoors. They provide diffused, soft white light, and generate less heat than incandescent floods especially halogen bulbs.



#### Candelabra

The screw-in torpedo-shape and the small-base of this bulb is designed for smaller light fixtures throughout the house, from chandeliers to sconces. To use a smaller candelabra-based bulb in a regular socket, you can use a socket reducer, available at many hardware stores and home improvement centers.



**Recycle It.** CFLs contain small amounts of mercury, a toxic metal. This metal may be released if the bulb is broken or during disposal. It's important to dispose of CFLs properly. Here are links to more information on municipal waste disposal in the SMUD service area:

- County of Sacramento  
4450 Roseville Road  
Customer Service at (916) 875-5555
- City of Sacramento
  - 📍 Greenhaven Ace Hardware 388 Florin Road  
Sacramento, CA 95831 Contact Dennis Jones  
(916) 391-3038
  - 📍 Hollywood Hardware 5303 Freeport Blvd.  
Sacramento, CA 95822 Contact Art Waters  
(916) 455-6488
  - 📍 Capitol Ace Hardware 1815 I Street  
Sacramento, CA 95814  
Contact: Scott London (916) 446-5246
  - 📍 Cook's Ace Hardware 2125 Del Paso Blvd.  
Sacramento, CA 95815  
Contact: Cindy Duarte (916) 922-5681
- City of Folsom - Schedule for pick up  
<http://www.folsom.ca.us/depts/utilities/hazmat/default.asp>

For more information on recycling:

- \* [www.epa.gov](http://www.epa.gov)
- \* [www.energystar.gov](http://www.energystar.gov)

*A CFL generally contains an average of 5mg of mercury (about one-fifth of that found in the average watch battery, and less than 1/100th of the mercury found in an amalgam dental filling). A power plant will emit 10mg of mercury to produce the electricity to run an incandescent bulb compared to only 2.4mg of mercury to run a CFL for the same time. The net benefit of using the more energy efficient lamp is positive, and this is especially true if the mercury in the fluorescent lamp is kept out of the waste stream when the lamp expires.\**

\*Source: [www.eartheasy.com](http://www.eartheasy.com)