Fuel efficiency isn’t just about what you drive. It’s also about how you drive.

Here are the top three proven tips to improve your fuel efficiency and keep money in your pocket:

1) **TURN YOUR ENGINE OFF WHEN YOU STOP!**

Idling wastes fuel and is not good for the engine.

FORD MOTOR COMPANY SAYS: “Avoid idling more than 30 seconds (when not in traffic)—Frequent restarting has little impact on the battery and starter (~$10 a year worth of wear), whereas excessive idling can actually damage important engine components.”

Idling for just 10 seconds uses more fuel than restarting the engine.

**EXAMPLES:**
1) Turn your engine off when stopped for 30 seconds or more (when not in traffic)—waiting for passengers, stopped to talk on the phone, at train crossings, etc.
2) On the coldest mornings, only 30-60 seconds are needed to warm up the engine.
3) When taking a break in your car on hot days, park in the shade so you don’t need to run the air conditioning.

2) **DRIVE SMOOTHLY AND TRY TO MAINTAIN AN EVEN SPEED!**

In city driving, acceleration accounts for 50% of fuel use. It also takes 20% less fuel to accelerate from 5MPH than from a complete stop. Maintain an even speed and avoid using excessive gas to accelerate fast. Smooth driving can improve your fuel efficiency by up to 33%.

**EXAMPLES:**
1) Don’t follow other cars too closely so you can avoid unnecessary breaking and accelerating.
2) Accelerate smoothly—stepping hard on the gas uses a lot of fuel.
3) Take your foot off the gas early so you can coast down hills to red lights and stop signs.

3) **DON’T SPEED!**

55-60 MPH is the most efficient speed.

**EXAMPLES:**
1) Every 5 MPH over 60 MPH reduces fuel efficiency by about 7%. That is like paying $0.30 more per gallon! **Driving 70 MPH instead of 60 MPH costs the same as paying $4.50 per gallon instead of $3.90.**
2) Go the speed limit on the highway.
3) Use cruise control when you can.

**Information sources include:** Ford Motor Company, US EPA, Edmunds, and Consumer Reports

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