Do I Qualify for Assistance?

You may be eligible for the following programs based on your monthly income (before taxes):

Some programs consider more than just income - call and share your full household situation to learn if you're eligible!

Eligibility Requirements by Household Annual income:

Household size	1	2	3	4	5
Fuel Assistance (Local CAP, State of NH)	47,604	62,252	76,900	91,548	106,195
NH Crisis Fuel	48,711	63,699	78,688	93,676	108,664
Fuel Tank Replacement (State of NH)	<$76,502				
Weatherization Assistance Program (State of NH)	47,604	62,252	76,900	91,548	106,195
Electrical Assistance	47,604	62,252	76,900	91,548	106,195
504 Repair Loan	57,550	57,500	57,500	57,000	76,000
Weatherization (COVER)	43,920	50,160	56,460	62,700	67,740

New Hampshire Resources

Community Action Agencies

Help NH residents meet basic needs and becom self-sufficient.

Southwestern Community Services

Cheshire County: (603) 352-7512
Sullivan County: (603) 542-9528
Website: scshelps.org

Community Action Program Belknap-Merrimac

Merrimack County: (603) 225-3295
Website: capbm.org

Tri-County Community Action Program

Grafton County: (888) 648-2227
Website: tccap.org

NH Saves Rebates and Info

www.nhsaves.com

NH SAVES Utilities Customer Service

Eversource: (800) 662-7764
Liberty (gas): (800) 833-4200
Liberty (electric): (800) 375-7413
NH Electric Co-op: (800) 698-2007
Unitil: (888) 301-7700

After Hours Crisis Fuel

Call your Community Action Agency

Fuel Assistance

Cheshire County: (603) 352-7512
Sullivan County:(603) 542-9528
Merrimack County: (603) 223-0043
Grafton County: (603) 968-3560

NH Dept of Health & Human Services

(844)275-3447

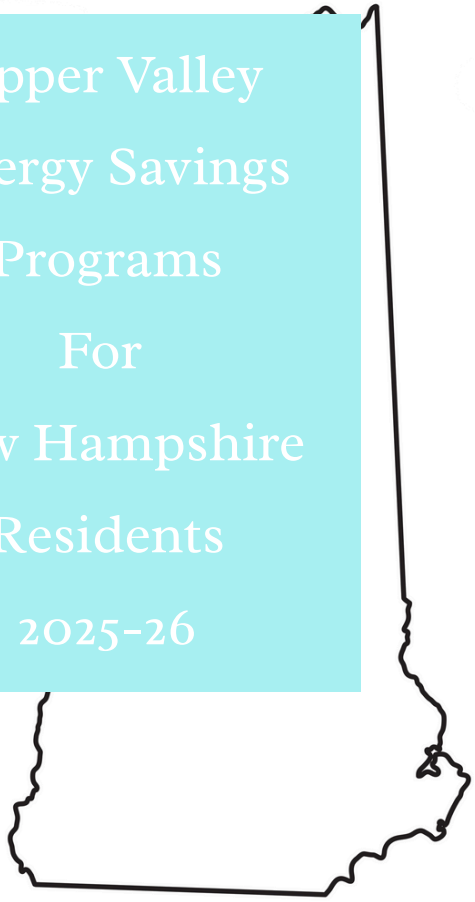
NH Fuel Tank Replacement Program

Assistance replacing or removing old oil tank systems: (603) 271-3577

New Hampshire 2-1-1

Available 24/7 Dial 211

Upper Valley Energy Savings Programs For New Hampshire Residents 2025-26



Local and state programs to lower your short and long-term energy costs

Stay warm and save money this season!

Updated in October 2025 by:

vital COMMUNITIES

The Energy Justice Clinic at Dartmouth

Weatherization

Weatherization Assistance Program (WAP)

Save fuel and money by improving the energy efficiency of your home – at no cost to you! Services include state-of-the-art energy audits, insulation, and air sealing, heating system improvements, and other energy-saving measures.

To learn more and apply:

- Call your local Community Action Agency
- https://www.energy.nh.gov/consumers/help-energy-and-utility-bills/weatherization-assistance-program

COVER Weatherization and Home Repair

COVER, a local nonprofit, makes weatherization affordable by providing volunteer-assisted labor for homes within a 45-minute drive from White River Junction. During the winter, they seal homes against drafts and clean furnaces to improve home warmth.

- Call 802-296-7241 ext. 6 to apply
- Visit coverhomerepair.org

NH Saves Rebates

NH Saves' Utility Partnerships offer a variety of rebates on products & technologies that help you save energy & save money, including air conditioners, pool pumps, heat pump water heaters, washers, dryers, & other heating & cooling equipment. Rebates available for Eversource, Liberty, and Unitil customers & NH Electric Co-op members. Info at nhsaves.com/nh-rebates

Fuel Assistance

Seasonal Fuel Assistance

Are you keeping warm this winter? NH's fuel assistance program may be able to pay a portion of your heating bills.

- Call your local Community Action Agency or call 211 for additional information.

Crisis Fuel Assistance

Are you facing a heating emergency or worried about utility disconnection? Your local Community Action Agency may be able to help pay for and schedule an emergency fuel delivery or furnace repair/replacement. Call them or find information and applications on their websites.

LISTEN Heating Helpers

LISTEN Community Services, a local nonprofit, can help pay for fuel or prevent electric service disconnections. Help is available year-round for those who need it, with no income limits! Must reside within their service area and can only use once every 12 months. LISTEN will help pay for a minimum fuel delivery, prevent a disconnection, or refer you to other resources.

- Call LISTEN at 603-448-4553
- Visit listencs.org/heating-helpers

Other Assistance

Electric Assistance (NH Utilities)

You may be able to get a sliding scale discount, up to 86%, on your electric bills based on your household income and electricity usage! To apply, call your Community Action Agency. Customers of the following utilities may apply for the discount: Eversource, Liberty, NH Electric Co-op, and Unitil.

LISTEN Housing Helpers

LISTEN Community Services can potentially help pay a range of bills, rent, mortgage or other emergency payments. LISTEN offers a one-time grant of up to $500 in cases where this will help recipients stay in their home. This is accessible once every five years.

- Call LISTEN at (603) 448-4553 to apply
- Visit listencs.org/housing-helpers
- In NH, available to residents in Canaan, Dorchester, Enfield, Grafton, Grantham, Hanover/Etna, Lebanon, West Lebanon, Lyme/Lyme Center, Meriden/Plainfield, Orange, Orford, Springfield

504 Single Family Home Repair

Need a home repair before weatherization can begin? Eligible NH residents can receive a grant or low interest loan for home repairs. To learn more or apply:

- Visit rd.usda.gov/programs-services/single-family-housing-program or call (603) 223-6035