
Energy Savers

Selecting Insulation for New Home Construction

Your state and local building codes probably include minimum insulation requirements, but to build an energy-efficient home, you may need or want to exceed them. For maximum energy efficiency, you should also consider the interaction between the insulation and other building components. This is called the whole-house systems design approach.

To properly insulate a new home, you first need to know where you need to insulate and the recommended R-values for each of those areas. Use the U.S. Department of Energy's Zip-Code Insulation Program to determine where you need to insulate and the recommended R-values based on your climate and type of heating and cooling system, etc. The program also will provide cost estimates and a rate of return.

Once you know where you need to insulate and the recommended R-values, review our information on the types of insulation available to help you decide what type to use and where.

Before you insulate a new home, you also need to properly air seal it and consider moisture control.

Learn More

Financing & Incentives

- Insulation Incentives
  North American Insulation Manufacturers Association
- Find Federal Tax Credits for Energy Efficiency
  Energy Savers

Professional Services

- Contractor Locator
  Insulation Contractors Association of America