

ENERGY-SAVING TIPS THAT ARE EASY AND AFFORDABLE

These simple tips can help you save energy and increase the comfort of your home all year.



ENERGY EFFICIENCY ALL YEAR ROUND



IN YOUR HOME

- Unplug electronics and appliances such as your microwave when you are not using them. They may be using “phantom power” (meaning they may draw power when plugged in, even if not in use).
- Try using power bars to control your lights and to avoid wasting electricity.
- Check all exterior doors for weather stripping — and replace any that is worn, ripped or missing.
- When windows are closed, make sure they are properly latched to ensure a tight air seal.
- When you change light bulbs, replace them with LED bulbs. They may cost a bit more upfront but will use less energy, have a much longer life and they are available in many colours. Turn off lights (even LEDs) and take advantage of sunlight when you can.
- Use small task lights, such as a reading lamp instead of lighting an entire room.
- Learn more about the features of your thermostat, including setting your fan control to intermittent or auto.



IN THE LAUNDRY ROOM

- Wash laundry in cold water — it's also better for your clothes.
- Only run your washing machine when you have full loads.
- Hang wet laundry on a clothesline or clothes drying rack instead of using the dryer.



IN THE KITCHEN

- Use small appliances instead of large ones — choose a microwave over a stove or a slow cooker over an oven.
- Set the fridge temperature to 2-4 degrees Celsius to keep food fresh and to save energy.
- Preboil water in a kettle for cooking rather than using the stove top.
- When you use the stove, choose the proper-sized pot to match the burner.
- Deep clean your fridge and freezer once a month. Remove expired and spoiled food items and excess packaging to create more space and airflow to help ensure your appliances are running efficiently.
- Make sure the area around your fridge and freezer is clear, clean and dust free to allow for proper ventilation.
- Do not leave your fridge door open longer than necessary as this can impact the lifespan of the fridge. It can cause wear and tear to the compressor by making it work harder to maintain the set temperature.



BATHROOM

- Take shorter showers and fewer baths to reduce the energy used by your water heater.
- Don't keep the water running longer than you need to.
- Use a low-flow shower head and faucet aerator.



SAVE ENERGY ALL WINTER

- Replace furnace filters on a regular basis. Keep costs down with reusable filters.
- Use plastic shrink wrap or even blankets to reduce drafts around windows and to keep heat from escaping.
- Use free heat from the sun — open blinds when it makes sense during the winter (and close them in the summer to stay cool).
- Make sure vents and grates are not blocked by furniture.



SAVE ENERGY ALL SUMMER

- Check the seals around your window AC unit to make sure they are tight.
- Head outdoors for a BBQ instead of cooking inside.
- Take advantage of ceiling fans. As a bonus, you can reverse the fan's direction in the winter to stay warm.
- When summer's over, remove your window AC and store it inside to help the unit last longer.