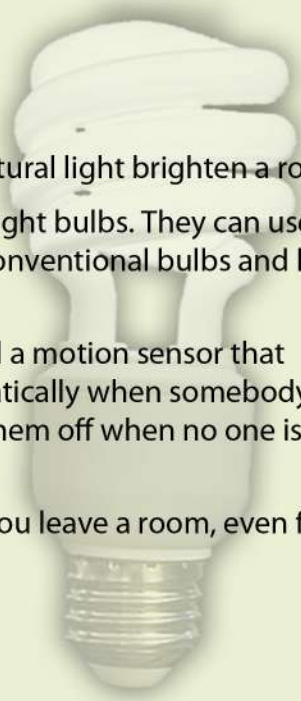
What you can do to Conserve energy! for home

Lighting



- ☐ Open your blinds to let natural light brighten a room.
- ☐ Use compact fluorescent light bulbs. They can use 75% less electricity than conventional bulbs and last longer.
- ☐ For outside lighting, install a motion sensor that turns the lights on automatically when somebody walks by, and then turns them off when no one is around.
- ☐ Turn off lights whenever you leave a room, even for just a few minutes.

Kitchen

Refrigerator

- ☐ Set the temperature at about 3 degrees Celsius and the freezer at -18 degrees Celsius.
- ☐ Don't overfill, as this blocks air circulation. Conversely, a full freezer will perform better than an empty one.

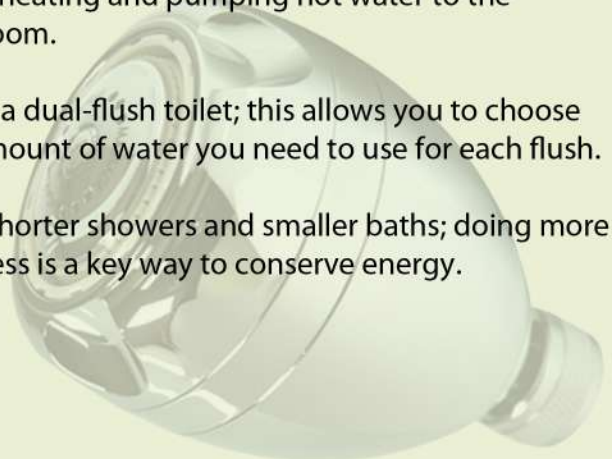
Dishwasher

- ☐ Air dry your dishes and save on the cost of operation.
- ☐ Check and clean drains and filters regularly to ensure efficient operation and try to operate with a full load while using the energy-saving cycle.

Stove/Oven

- ☐ Use an electric kettle to boil water instead of a stove and don't use a bigger pot than you need.

Bathroom



- ☐ Install a low flow showerhead. It restricts water flow, which reduces the amount of energy needed for hot water heating and pumping hot water to the bathroom.
- ☐ Install a dual-flush toilet; this allows you to choose the amount of water you need to use for each flush.
- ☐ Take shorter showers and smaller baths; doing more with less is a key way to conserve energy.

Laundry

Washer

- ☐ Wash and rinse your clothes in cold water; 85 – 90% of the energy used is for hot water.
- ☐ Run full dryer loads, use the moisture sensing setting and clean the lint filter after every load. A clogged filter will increase energy use.

Dryer

- ☐ Separate loads into heavy, medium and lightweight items to optimize the time needed to dry the different load types. Lighter loads need less time to dry, so putting them in separate loads will save on energy costs and dry your clothes quicker.
- ☐ Use an outdoor clothesline in the warmer weather; it will significantly reduce your energy costs for drying.

Use this as a poster for your refrigerator and check off the things you already do!

Tips compiled from Government of Ontario resources.

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Hot water

- ☐ Use the vacation setting or turn off the water heater when you are out of town.
- ☐ Fix leaky faucets; little drips can add up to 95 litres of water per faucet per month, and in turn cost you 7 kWh per month.
- ☐ Install low flow aerators on faucets; this can significantly reduce water and energy consumption.
- ☐ Drain a pain of water from your natural gas hot water tank every 3 months (or as recommended by the manufacturer). This helps to remove sediment build-up that prevents heat transfer, which in turn lowers the unit's efficiency.

Heating & Cooling

- ☐ Reduce the temperature of your home a few degrees at night and when you are away.
- ☐ Use area rugs on cold floors; if your feet are cold, your body will feel cold. Also, put on a sweater rather than simply turning up the thermostat.
- ☐ Cool your home to only 24 or 25 degrees Celsius instead of the low 20s. Each degree below 26 degrees Celsius will noticeably increase your electricity usage and costs.
- ☐ Turn off unnecessary lights as they produce a considerable amount of heat.

Home Office

- ☐ Eliminate phantom power by using a power bar to turn off electronics. Shut down your computer when it is not in use; your workstation consumes electricity even in sleep mode.
- ☐ Use energy-efficient computer systems and monitors. You may use the energy-saver option to reduce power consumption of your workstation.
- ☐ If you cannot shut off your computer, at least shut off the screen, as 60% of a computer's power needs are allotted to the monitor!

Other Tips

- ☐ One of the best ways to save energy and costs is to reduce your own consumption habits; try your best to make the most out of little.
- ☐ Consider using ENERGY STAR appliances and electronics. While the initial purchase price of an ENERGY STAR item may be more, the added cost is often more than made up for over the item's lifespan.
- ☐ Spread the message! Tell your neighbours about how they can also reduce their energy bill.
- ☐ Have your home audited for its energy consumption. For more information go to homeenergyontario.ca.

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