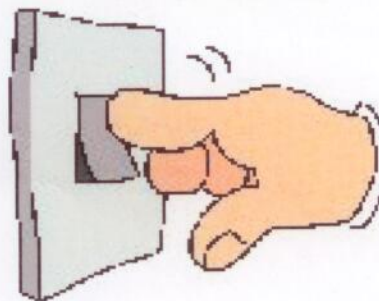


# Conserving Energy in Our Homes

**SAVE  
ENERGY**

THIS  
MEANS  
YOU!



## 70 Tips on Ways to Save Energy:

### Home & Water Heating

1. Install a programmable thermostat  
A properly set programmable thermostat can reduce heating and cooling costs by up to 10%.
2. Set back thermostats by 5°C when your away from home.
3. Set your heat/thermostat at 20°C when your at home and 18°C or lower overnight.
4. Close the flue damper on the fireplace when it's not in use.  
A wood burning fire place can actually draw heat out of the house unless you have glass doors or an insert.
5. Use area rugs on cold floors- if your feet are warm the rest of you feels warm.
6. Put on a sweater if you feel cold rather than simply turning up the thermostat.
7. Improve the insulation in your home.
8. Replace my oil furnace with a high efficiency ENERGY STAR® qualified model.  
High efficiency oil-furnace systems can deliver significant energy savings. Financial assistance is available from the PEI Office of Energy Efficiency.
9. Caulk and weather strip around doors, windows and attic hatches.
10. Use foam gaskets behind light switch and outlet cover plates.
11. Avoid heating unused rooms by closing doors.
12. Upgrade to ENERGY STAR® doors and windows.  
Financial assistance is available from the PEI Office of Energy Efficiency.
13. Insulate or wrap your electric hot water heater.  
Follow the manufacture's instructions or contact a professional
14. Lower the temperature on my water heather by 5°F but to no lower than 130°F.
15. Replace your electric hot water heather with an ENERGY STAR® qualified model.

16. Fix the drip!  
Leaky faucets can add up to liters of water wasted every day.
17. Install a low flow showerhead. Low flow showerheads use about half as much water as a traditional showerhead. Shorten your shower for even more savings.

### Lighting

18. Turn off the lights whenever you leave a room.  
Yes this does make a difference.
19. Replace your high-use incandescent light bulbs with ENERGY STAR® Qualified compact fluorescent light bulbs ( CFLs) wherever it makes sense. They use up to 75% less electricity and last up to 10 times longer.
20. Use task lighting  
Use brighter lights for tasks such as reading and dimmer lights for general lighting such as watching TV.
21. Install an ENERGY STAR® light fixture.  
These light fixtures combine high performance, attractive design, the highest levels of energy efficiency, and they only work with low energy consuming bulbs.
22. Dust my lamps, shades, light fixtures and bulbs regularly.  
A cleaner bulb is a brighter bulb.
23. Take advantage of daylight  
Use natural sunlight when possible and turn lights off.
24. Replace outdoor incandescent floodlights with compact fluorescent (CFLs) floodlights.
25. Replace outdoor incandescent floodlights with compact fluorescent (CFLs) floodlights.  
Place outdoor CFL floodlights in trees and other locations where they won't get covered by snow.
26. Install motion sensors to turn off lights automatically.  
Make sure to use the right light bulb- most CFLs do not work well with sensors or photocells.



27. Use LED (light emitting diode) holiday lights.  
Traditional incandescent lights use 90% more energy.

### **Appliances**

28. Wash and rinse laundry in cold water
29. Wash only full loads of laundry  
If you must wash small loads match the water level to the size of your load.
30. Purchase an ENERGY STAR® qualified front loading washer.  
They use 40% less water and 50% less energy than top-loading models.
31. Install a clothes line or use an indoor clothes rack.
32. Dry full loads of clothes only and don't overload the dryer.
33. Wring your clothes out well before putting them in the dryer.
34. Use the automatic sensor in your dryer.  
Over-drying not only uses more electricity but also increases shrinkage and wrinkles.
35. Dry consecutive loads to take advantage of retained heat in the dryer.
36. Use the energy or water saving features on your dishwasher.
37. Use the energy or water saving features on your dishwasher.
38. Check and clean dishwasher drains to ensure efficient operation.
39. Purchase an ENERGY STAR® qualified dishwasher.  
ENERGY STAR® qualified models use at least 40 % less energy than other models.
40. Right-size your refrigerator  
Even an energy-efficient model can't give you maximum savings if it's too big for your needs.
41. Make sure your refrigerator and freezer doors seal well.
42. Get rid of your second fridge  
Don't keep that old, inefficient refrigerator running in the basement of occasional refreshments. It could cost you \$150 or more per year in electricity.
43. Allow hot food to cool before placing it in my refrigerator.

44. Vacuum your refrigerator coils to keep them efficient.
45. Don't overfill your refrigerator.  
This blocks air circulation and makes your refrigerator work harder and less efficiently.
46. Decide what you want before you open the refrigerator door.
47. Replace your old refrigerator with an ENERGY STAR® model.  
A new ENERGY STAR® refrigerator uses one-third of the energy of a 1970s model.
48. Set the temperature inside your freezer to -18°C (0°F).
49. Replace your old freezer with an ENERGY STAR® chest model.  
Chest freezers are 10-25% more efficient than upright models.
50. Thaw frozen foods before cooking or baking.
51. Opt for an electric frying pan instead of a range top.
52. Use pots with tight fitting lids  
Your food will cook faster.
53. Keep your oven and stove elements and reflectors clean.
54. Use the smallest pot and burner needed for the job.
55. Use the oven light to check on your food instead of opening the door.
56. Use an automatic shut-off kettle.
57. Turn off the burner or oven when your food is almost cooked.  
Existing heat will finish the cooking for you.
58. Use the oven's self-cleaning option after cooking.  
You can take advantage of the existing heat.
59. Avoid preheating. Unless you are baking, preheating is not necessary.
60. Install a convection oven.  
Not only do these ovens cook more evenly, but they also cook faster.



61. Fight phantom load-unplug electronics that draw power even when they're turned off.  
This includes TVs, cable TV boxes, microwave ovens and any items using "power cubes" ( such as hand held vacuums and baby monitors)
62. Turn off the monitor if you're not going to use your computer for more then 10 minutes.
63. Turn off both the monitor and CPU if you're not going to use your computer for more than 2 hours.
64. Turn off your screen saver  
It doesn't save energy or your computer!
65. Enable your computer's power saving features.
66. Use power bars with on/off switches, automatic shutoff or integrated timers.
67. Replace your desktop computer with a laptop.  
Laptops use up to 90% less energy than a desktop computer. Laptops require only 15 watts of power, and have extensive power management features.
68. Pull the plug on battery chargers after charging is complete.  
Laptops, cell phones and digital cameras always draw power if they're plugged in.
69. Look for the ENERGY STAR® label when shopping for a new computer, TV or electronic device.
68. Teach your children good energy conservation habits.  
Habits are formed early, so set a good example
69. Be a role model for good conservation.  
You have the power to influence colleagues, friends, and family.
70. Keep track of how much electricity you use each month.  
This is the best way to see the impact of your energy saving actions.

<b><i>Appliance Usage and Costs</i></b>	<b><i>Hours/Month</i></b>	<b><i>kWh/Month</i></b>	<b><i>\$/Month</i></b>
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**Kitchen**

Dishwasher	20	44	\$6.60
Freezer		36	\$5.40
Microwave	10		
Range	20	64	\$9.60
Refrigerator (> 10 years old)		80	\$12.00
(ENERGY STAR®)		48	\$7.20

**Laundry**

Dryer	24	120	\$18.00
Washer	24	45	\$6.75

**Heating and Cooling**

Air Conditioner	180	180	\$27.00
Air Exchanger	360	72	\$10.80
Dehumidifier	720	432	\$64.80
Electric Fireplace	180	270	\$40.50
Electric Water Heater		450	\$67.50
Furnace			
Pump/Fan	360	100	\$15.00
Space Heater	60	90	\$13.50

**Entertainment**

Computer	Desktop	60	16	\$2.40
	Laptop	60	2	\$0.30
TV	42" LCD	180	34	\$5.10
	42" Plasma	180	46	\$6.90
Gaming	Play Station 3	60	12	\$1.80
	Xbox 360	60	11	\$1.65
	Wii	60	1	\$0.15

**Other**

Block Heater	120	72	\$10.80
Hot tub	180	27	\$40.50
Pool Pump	720	720	\$180.00
Sump Pump	15	11	\$1.65

## Energy Saving Quiz

True/False

1. In order to save energy your heat/thermostat should be at 20°C during the night or when you're away from home.
2. Leaky faucets can add up to liters of wasted water.
3. Low flow showerheads use half as much water than a traditional showerhead.
4. Compact fluorescent light bulbs use 10% less electricity than a traditional light bulb.
5. Traditional holiday lights use 90% more energy than LED holiday lights.
6. Top loading washing machines are more efficient than front-loading washers.
7. Preheating your oven is always necessary.
8. Laptops use 90% less energy than a desktop computer.
9. Screen savers save energy.
10. We can all do our part in conserving some energy at home.



## Answers

1. False, your thermostat should be set at 18°C or lower at night or when not at home.
2. True
3. True
4. False, CFLs use 75% less electricity than traditional lights.
5. True
6. False, front loading washers use less energy than top-loading models.
7. False, preheating your oven is only necessary when baking.
8. True
9. False, screensavers do not save energy.
10. **TRUE!!!**