



# Power Wise

## 101 Tips to Make My Home Energy Efficient

1. Install a programmable thermostat. *A properly set programmable thermostat can reduce heating and cooling costs by up to 10 per cent.*
2. Set back thermostats by 5°C when I'm away from home.
3. Set my heat/thermostat at 20°C when I'm 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 fireplace can actually draw heat out of the house, unless it has glass doors or an insert.*
5. Use area rugs on cold floors – *if my feet are warm, the rest of me feels warm.*
6. Put on a sweater if I feel cold rather than turning up the thermostat.
7. Use insulated drapes or energy-saving blinds in the winter to keep the heat inside my home.
8. Open south facing blinds and drapes on sunny winter days.
9. Improve the insulation in my home. *Adding insulation to the attic and basement tend to give the biggest energy savings.*
10. 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 Arctic Energy Alliance.*
11. Caulk and weather strip around doors, windows and attic hatches.
12. Use foam gaskets behind light switches and outlet cover plates.
13. Have my furnace cleaned once a year.
14. Close doors to avoid heating unused rooms.
15. Landscape for energy savings. *Evergreens, like pine or fir, planted on the north side of my home will provide an energy-saving windbreak.*
16. Upgrade to ENERGY STAR® doors and windows.
17. Turn off kitchen and bathroom fans immediately after use. *Ventilation fans can extract all of a home's heat in 2 to 3 hours.*
18. Shorten my showers to use less energy and hot water.
19. Take a shower instead of having a bath. *A 5 minute shower uses a lot less water than a bath.*
20. Install aerating, low-flow faucets and showerheads.
21. Fix dripping faucets, especially leaky hot water faucets.
22. Insulate my water pipes. *Wrap the first metre of cold water pipes and the first two metres of hot water pipes running to and from the water heater or furnace.*
23. Insulate or wrap my electric hot water heater. *Follow the manufacturer's instructions or contact a professional.*
24. Lower the temperature on my water heater by 5°F, to no lower than 130°F.
25. Install a drain water heat recovery system. *Drain water heat recovery systems can save up to 40% on water heating costs.*

26. Replace my electric hot water heater with an ENERGY STAR® qualified model. *Financial assistance is available from the Arctic Energy Alliance.*
27. Install a solar hot water heater.
28. Turn off the lights whenever I leave a room. *Yes, this does make a difference.*



29. Replace my high-use incandescent light bulbs with ENERGY STAR®-qualified LED (light emitting diode) light bulbs wherever it makes sense. *They use up to 90% less electricity and last 10 times longer.*
30. Use task lighting. *Use brighter lights for tasks such as reading and dimmer lights for general lighting such as watching TV.*
31. 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.*
32. Dust my lamps, shades, light fixtures and bulbs regularly. *A cleaner bulb is a brighter bulb.*
33. Replace incandescent nightlights with an LED. *LED night lights use less than a watt of electricity and last for at least 10 years.*
34. Place floor lamps or table lamps in corners. *The light will reflect from both walls, making room brighter without more lamps.*
35. Take advantage of daylight. *Use natural sunlight when possible and turn lights off.*
36. Replace outdoor incandescent floodlights with LED (light emitting diode) floodlights.
37. Install dimmer switches and use dimmable LEDs.
38. Install motion sensors to turn off lights automatically. *Make sure to use the right light bulb.*
39. Put my indoor and outdoor lights on timers. *Leaving lights on 24/7 while away wastes energy and doesn't help make the house look occupied.*
40. Use LED (light emitting diode) holiday lights. *They use 90% less energy compared to traditional string lights.*
41. Look for LED household lighting to replace incandescent light bulbs.
42. Wash and rinse laundry in cold water.
43. Wash only full loads of laundry. *If I must wash small loads, match the water level to the size of the load.*
44. Purchase an ENERGY STAR® qualified front loading washer. *They use 40% less water and 50% less energy than top-loading models.*
45. Hang my clothes outside to dry. *The neighbours might be inspired to follow my great example!*
46. Clean the lint out of my dryer after each load of laundry.
47. Dry full loads of clothes only and don't overload the dryer.
48. Wring my clothes out well before putting them in the dryer.
49. Use the automatic sensor on my dryer. *Over-drying not only uses more electricity but also increases shrinkage and wrinkles.*
50. Use an indoor clothes rack to dry clothes.
51. Dry consecutive loads to take advantage of retained heat in the dryer.
52. Always set my dishwasher to air dry and only run it when full.
53. Scrape, but don't rinse my dishes before loading the dishwasher.
54. Use the energy or water saving features on my dishwasher.
55. Check and clean dishwasher drains to ensure efficient operation.

56. Purchase an ENERGY STAR® qualified dishwasher. ENERGY STAR® qualified models use at least 40% less energy than other models.



57. Right-size my refrigerator. Even an energy-efficient model can't give you maximum savings if it's too big for your needs.
58. Get rid of my old energy-guzzling second fridge.
59. Set the temperature inside my refrigerator to the mid-level setting, usually 4°C (39°F).
60. Make sure my refrigerator and freezer doors seal well. *Test door seals with a \$5 bill – if it stays in place when the door is closed, the seal is good.*
61. Allow hot food to cool before placing it in my refrigerator.
62. Thaw my frozen foods in the refrigerator. *This can reduce spoilage and even help keep the fridge cool.*
63. Vacuum my refrigerator coils to keep them efficient.
64. Don't overfill my refrigerator. *This blocks air circulation and makes the refrigerator work harder and less efficiently.*
65. Decide what I want before opening the refrigerator door.
66. Replace my old refrigerator with an ENERGY STAR® model. *A new ENERGY STAR® refrigerator uses one-third of the energy of a 1970s model.*
67. Keep my freezer full. *Consider using large containers of water or ice (or ice cream) to fill the freezer.*
68. Set the temperature inside my freezer to -18°C (0°F).
69. Defrost my freezer regularly so no more than 6 mm of frost builds up.
70. Replace my old freezer with an ENERGY STAR® chest model. *Chest freezers are 30 – 50% more efficient than upright models.*
71. Thaw frozen foods before cooking or baking.
72. Use a toaster oven or microwave instead of the oven, whenever possible.
73. Opt for an electric frying pan instead of a range top.
74. Try slow cooking. *It actually reduces energy use even though cooking times are extended.*
75. Use pots with tight-fitting lids. Your food will cook faster.
76. Keep oven and stove elements and reflectors clean.
77. Use the smallest pot and burner needed for the job.
78. Use the oven light to check on my food instead of opening the door.
79. Use an automatic shut-off kettle.
80. Turn off the burner or oven when my food is almost cooked. *Existing heat will finish the cooking.*
81. Use the oven's self-cleaning option after cooking. *Take advantage of the existing heat.*
82. Avoid preheating. *Unless baking, preheating is not necessary.*
83. Install a convection oven. *Not only do these ovens cook more evenly, but they also cook faster.*
84. Fight phantom load – unplug electronics that draw power even when they're turned off. *Including TVs, cable boxes, microwave and any items using "power cubes" like handheld vacuums and baby monitors.*

85. Turn off the monitor if I'm not going to use my computer for more than 10 minutes.
86. Turn off both my monitor and computer if I'm not going to use for more than 2 hours.
87. Turn off my screensaver. *It doesn't save energy! Or the screen.*
88. Enable my computer's power-saving features.
89. Use power bars with on/off switches, automatic shutoff, or integrated timers.
90. Replace my desktop computer with a laptop. *Laptops use up to 90% less energy than desktop computers. Laptops require only 15 watts of power, and have extensive power management features.*
91. Turn off TVs, computers, and game consoles when I'm finished using them.
92. Insulate and block air flow in crawl spaces to reduce heat tape requirements – *Heat tape costs about \$1 a foot per month.*
93. Pull the plug on my battery chargers after charging is complete. *Laptops, cell phones and digital cameras always draw power if they're plugged in.*
94. Turn my cable box off when I'm not watching TV.
95. Look for the ENERGY STAR® label when shopping for a new computer, TV or electronic device.
96. Use a timer on my block heater. *A block heater only needs to be turned on a maximum of three hours before starting the car, even on the coldest nights.*
97. Inspect my heat tape annually. *Look for signs of cracking or damage and repair or replace as needed.*
98. Teach my children good energy conservation habits. *Habits are formed early, so set a good example.*
99. Be a role model for good conservation. *I have the power to influence colleagues, friends and family.*
100. Keep track of how much electricity I use each month. *This is the best way to see the impact of my energy saving actions.*
101. Schedule an energy audit of my home and act on the results. *The Arctic Energy Alliance provides home audits – booking form found here: <http://aea.nt.ca/energy-evaluations>*

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