

# ENERGY SAVING TIPS FOR THE HOME



Energy Saving Tip	Relative Cost	Typical Annual Savings	Average GHG reduction per Household in tonnes
<b>Lighting, Heating and Cooling</b>			
In the hotter periods of summer (e.g. $\geq 26^{\circ}\text{C}$ ), set your thermostat at $24\text{-}25^{\circ}\text{C}$ while you are at home, and $28^{\circ}\text{C}$ when you are away. Every degree you raise can reduce your cooling bill by about 2.5%.	No Cost	\$10 - \$50	0.03
In winter, set your thermostat to $20^{\circ}\text{C}$ while you are at home, and $15\text{-}18^{\circ}\text{C}$ while sleeping or away.	No Cost	\$10 - \$50	0.30
Installation of a programmable thermostat can reduce heating and cooling by up to 10%.	Low Cost	\$10 - \$50	0.30
Replace traditional light bulbs with compact fluorescent bulbs (CFL). This can reduce 75% of energy use by lighting. <i>To learn how to choose the right CFL, visit <a href="http://oee.nrcan.gc.ca/residential/personal">http://oee.nrcan.gc.ca/residential/personal</a> and choose "Lighting".</i>	Low Cost	\$50 - \$100	0.21
Apply caulking and weather stripping around drafty doors and windows to keep the cold air out in the winter (or hot air out in the summer). Proper weather-stripping, caulking and insulation can save 5 to 15% of that heat loss.	Low Cost	\$5 - \$10	0.15
Shading central air conditioning outdoor units with trees or shrubs can reduce 10% of your electricity use. Make sure you do not block air flow around the unit.	Low Cost	\$0 - \$5	0.02
Installing ceiling fans can help to lower energy use in both summer and winter. In summer, set your fan counterclockwise to produce a cooling breeze. In the winter, set it clockwise to push warm air accumulated near the ceiling down back into the room.	High Cost	\$10 - \$50	0.10
<b>Home Office and Living Room</b>			
Even when appliances are turned off, they continue to draw electricity. Unplug them when not in use. <i>For more tips, check out "Voltage Vampire Videos" from <a href="http://www.thegreenguide.com/home-garden/energy-saving">www.thegreenguide.com/home-garden/energy-saving</a>.</i>	No Cost	\$10 - \$50	0.04
Using screen savers doesn't save any energy. Activate energy saving settings on your computer; turn off your monitor when you are away from the computer.	No Cost	\$10 - \$50	0.05
<b>Kitchen and Bathroom</b>			
Switch non-essential chores from the peak times to earlier in the day or even overnight when electricity demand is less.	No Cost	N/A	N/A
Change to a low-flow showerhead: 3 minutes of hot shower is equivalent to burning a traditional 100 watt lightbulb for 10 hours.	Low Cost	\$10 - \$50	0.17
Replace refrigerators which you have had for 10 years or longer with an ENERGY STAR model. <i>Visit <a href="http://everykilowattcounts.ca/residential/fridge">The Great Refrigerator Roundup</a> to have your old refrigerator picked up for free: <a href="http://everykilowattcounts.ca/residential/fridge">http://everykilowattcounts.ca/residential/fridge</a></i>	High Cost	\$10 - \$50	0.11
<b>Laundry Room</b>			
Wash and rinse your clothes in cold water: 85 - 90% of the energy used by the clothes washer is used for hot water.	No Cost	\$10 - \$50	0.29
Consider air drying your clothes outdoors in warmer weather. The clothes dryer is the second-largest electricity-using appliance after the refrigerator. Remember to clean the lint filter after every load for better efficiency.	No Cost	\$0 - \$5	0.06
When purchasing a clothes washer, consider purchasing front-loading washers. They typically qualify for Energy Star because they consume 50% less energy than top-loading washers. <i>To determine whether to repair or replace your appliances, check out "Ailing Appliances Video" from <a href="http://www.thegreenguide.com/home-garden/energy-saving">http://www.thegreenguide.com/home-garden/energy-saving</a></i>	High Cost	\$10 - \$50	0.00
<b>Basement</b>			
Wrap your water heater in an insulation wrap. This reduces 8-10% of hot water heater energy usage.	Low Cost	\$5 - \$10	0.10

	Electricity	Natural Gas
My energy bill <b>before</b> retrofits:	\$ _____	\$ _____
My energy bill <b>after</b> retrofits:	\$ _____	\$ _____