

Energy NEWS

Shocking Electric Bills?



Super Simple Ways to Save on Energy Costs

Here are some handy ideas to boost your home's efficiency and save you money!

Turn It Off, Turn It Down

IN THE KITCHEN

- ◆ Dishwasher – only run when full and let dishes air-dry
- ◆ If hand washing dishes, rinse in cold water
- ◆ Use the microwave, crock pot, air fryer or toaster oven rather than the large oven
- ◆ Avoid using the oven in summer – try salads, smoothies or barbecue
- ◆ Reduce time fridge door is open



BEDROOMS

- ◆ Close heat registers in unused rooms

LAUNDRY

- ◆ Select cold water wash and rinse cycle on your washing machine
- ◆ Run only full loads of laundry
- ◆ Use a clothesline when you can



BATHROOM

- ◆ Take a shower instead of a bath
- ◆ Take shorter showers
- ◆ Turn water off when shaving, washing hands, brushing teeth

LIVING AREA

- ◆ Use natural light
- ◆ Use task lighting close to where you are working
- ◆ Turn down the heat, especially at night and when you are away



- ◆ Lower your water heater temperature to 54°C (no lower than this to avoid bacteria growth)
- ◆ Open up your curtains/blinds on winter days, close at night
- ◆ Unplug cell phones, headsets and other electronics after charging
- ◆ Turn off lights and electronics when you leave the room
- ◆ Close windows and doors tightly
- ◆ Avoid using area heaters – put on a sweater or use a blanket instead





Avoid Overfeeding Energy Hogs!

ENERGY HOG VIDEOS

Energy Hog: Oven vs Toaster Oven – Fortis Alberta (shows a watt meter)



Energy Hog: Space Heating – Fortis Alberta



How to save on water heating costs – Fortis BC



Energy Hog: Light Bulb Comparison – Fortis Alberta



Did You Know?

QR Codes are machine-readable patterns used for storing websites

You can use your smart phone to read “QR Codes”. Use your phone’s camera to:

- ◆ point at the square of dots
- ◆ tap the notification the phone gives you to go to the website or YouTube video



BEWARE THE “PHANTOM”

Did you know about 10% of your home’s electricity is used up by devices that are **TURND OFF?**

- ◆ This is called Phantom Power or standby power.
- ◆ This electricity is used to provide functions such as remote control, clock displays, and timers
- ◆ The average Canadian household has about 25 or more devices constantly drawing power.

What can you do?

Just Unplug

Simply unplugging the devices when not in use. However, there are some gadgets that make this more convenient.

Use Power Bars

Power bars have multiple outlets and a convenient on/off switch.

They also can help protect your devices from electrical surges and some even have timers and motion detectors.

Use Smart Outlets

These outlets can be turned on and off using an application on a smartphone to prevent phantom power energy use.



Find The Phantom

- ◆ Quick switch on devices
 - speakers
 - stereos
 - satellite cable boxes
 - laptops
 - computer monitors
 - video game consoles
 - televisions
 - PVR
 - DVD, etc.
- ◆ LED displays / timers
 - clocks
 - microwaves
 - toasters
 - coffee makers
 - stand mixers, etc.
- ◆ Remote control receivers
 - air conditioners
 - ceiling fans
 - televisions
 - video game consoles
 - bluetooth devices, etc.
- ◆ Other hidden users
 - phone chargers (even if they are not plugged in to your phone)
 - routers & modems
 - cordless phones
 - printers
 - electric toothbrushes
 - nightlights (especially those with sensors)

Designed as educational material for 3NE by:

