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# Conservation officer gives some tips to save energy

by Peter Love, Ontario Conservation Bureau

My role as Chief Energy Conservation Officer is to ensure conservation and energy efficiency play a vital role in Ontario's ongoing energy strategy. It's cheaper to save energy than to make it, and a big part of today's conservation culture involves "no cost" ways to save energy. Imagine the effect if all Ontarians put their minds to saving energy every day using these simple suggestions. I believe it can happen. Together, let's do it!

For this column, let's start with everybody's favourite - no cost!

Peter Love's top ten ways to save electricity - for free!

1. Only heat (or cool) the rooms you need. Close off

vents and doors of unused rooms.

2. In winter, set your thermostat to the lowest possible comfortable setting. Part of your own personal conservation culture could be to wear an extra layer of clothing and throw on an extra blanket at night.

3. In winter, let the sunshine in! Open up drapes, blinds and curtains on the south side of your house during the day and enjoy some free solar heat. Keep heat in by closing curtains on north windows. And close all drapes and blinds at night.

4. Use the right size pot/pan on the stove burner, and cover pots and pans while cooking. And there is no need to pre-heat your oven except when

baking.

5. Microwave ovens use up to 75 per cent less energy than ovens. Try using one whenever possible, especially for one- or two-person meals.

6. For smaller cooking jobs, use smaller appliances, like an electric kettle or toaster oven.

7. Did you know that your old fridge in the basement could cost you \$150 or more per year just to keep a few cans cold? Maybe it's time to give it the cold shoulder - out the door.

8. Up to 90 per cent of the energy your washing machine uses is to heat the water! Try using cold water for the wash cycle instead of warm or hot. New products designed specifically for cold water are now available.

9. When using your dishwasher, save hot water by skipping the pre-rinse cycle - just scrape off food and empty liquids first.

10. And the brightest idea of all: turn off lights, televisions, etc. whenever you leave a room or don't need them - even for a few minutes. It's easy to get into the energy-saving habit!

Remember, if we all do a little, we can save a lot!

The Conservation Bureau develops and delivers programs to help Ontario residents conserve energy and save money. We hope these easy energy-saving ideas will help you better manage your energy use at home. For more information please visit our website at <[www.powerauthority.on.ca](http://www.powerauthority.on.ca)>.