



CONSERVE ENERGY

Electricity... a cost you can control

Lighting

- Replace incandescent bulbs with compact fluorescent bulbs that use less energy and emit little heat.
- Use timers or motion detectors on outside lights, used for security lighting.

Water Heater, Washing and Drying

- Wash full loads.
- Keep the lint screen in your dryer clean.

Refrigeration and Freezing

- Refrigerator temperatures should be kept between 2°C and 5°C and freezer temperatures between -15°C and -18°C.
- Make sure that the fridge and freezer doors seal properly.

Cooking

- Use the microwave oven or a toaster oven in place of your electric range whenever possible.
- Use flat-bottom pans for best contact with the heat and tight fitting lids to retain heat.

Other appliances

- When buying appliances, look for the yellow Energy Guide Label and buy the most energy efficient appliances.
- Flat panel computer monitors take up less space, also they use a lot less power.

Use energy wisely, it is yours to conserve. Implement and practice the above conservation tips and observe the difference it makes in your quality of life.