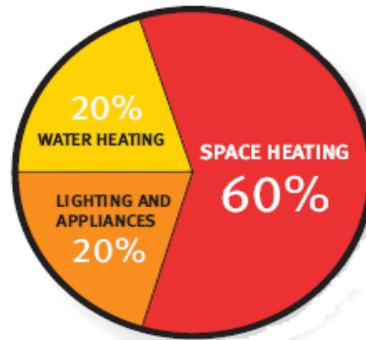


2012 Family Eco-Challenge

January, the ENERGY Month!

To help you get started, here are a few simple and inexpensive things you can do at home to save energy now. The little things you can do can really add up!



Energy Saving Tips

Heating



1. Don't over heat. **Turn thermostats back at night and when away for longer periods through the day.** Consider programmable thermostats for consistent, accurate control. You can save 2% on your heating bill for every 1°C you turn down the thermostat at night.
2. In the winter, **leave your curtains open to allow the sun's rays to heat the rooms during the day.** At night close them to help reduce the amount of heat that escapes through the windows.
3. **Plug the leaks.** By caulking and weather-stripping, you can cut your heating bills up to 10%. Weather strip doors and windows and caulk air leaks around windows, doorframes, pipes and ducts.

Hot Water



4. **Whenever possible, wash and rinse your clothes in cold water.** For each load of laundry done using cold water, you could reduce the energy you use by 90%.
5. **Limit shower time and use low-flow showerheads.** Low-flow showerheads use up to 60% less water than standard ones without changing the water pressure.
6. **Fix leaking hot water pipes and faucets.** A leak of only one drop per second wastes about 10,000 litres of water per year.

Household Appliances



7. **Unplug your home electronics or put them on a power bar and turn it off.** Computers, televisions, video consoles, and other home electronics continue to draw electricity even when they are "turned off". This is known as "standby power" losses.
8. **Operating times of certain devices should be closely monitored.** Be aware that devices such as dehumidifiers, pumps, car heaters, heating cable, heat recovery ventilators and others can have a major impact on your bill. Consider timers as an option for some of these.

Lighting



9. **Install ENERGY STAR® rated compact fluorescent lights (CFLs)** in areas where lights are on longest, such as the kitchen and family room. CFLs use up to 75% less energy and last up to 10 times longer than traditional light bulbs.
10. **Turn off lights when leaving a room.** Turning off lights that aren't being used is a simple and effective way to save energy. Turn off lights wherever there is adequate natural light, whenever you leave a room and in unoccupied rooms.

More energy efficiency tips and advice!



To see what else you can do to increase your home's energy efficiency, visit:

- Efficiency NB's resource centre:
<http://www.energycnb.ca/resourcecentre>
- The "Conservation" tab of NB Power's website:
www.nbpower.com

To realize further savings...



Most homes, regardless of their age, can be made more energy efficient through specific, targeted energy efficiency upgrades. Efficiency NB provides advice and financial incentives to help offset the costs of energy efficient upgrades. **Homeowners can receive up to \$6,000 for qualifying upgrades.**

The first and most important step is to schedule your Home Energy Efficiency Assessment with a Certified Energy Advisor. The energy efficiency assessment is a valuable tool that will provide you with a detailed look into your home and recommendations to maximize your energy efficiency.

For more information, visit www.energycnb.ca or call 1 866 643-8833.