

- 63 Thaw my frozen foods in the refrigerator. *This can reduce spoilage and even help keep the fridge cool.*
- 64 Vacuum my refrigerator coils to keep them efficient.
- 65 Don't overfill my refrigerator. *This blocks air circulation and makes your refrigerator work harder and less efficiently.*
- 66 Decide what I want before opening the refrigerator door.
- 67 Replace my old refrigerator with an ENERGY STAR® model. *A new ENERGY STAR® refrigerator uses one-third of the energy of a 1970s model.*
- 68 Keep my freezer full. *Consider using large containers of water or ice (or ice cream) to fill your freezer.*
- 69 Set the temperature inside my freezer to -18°C (0°F).
- 70 Defrost my freezer regularly so no more than 6 mm of frost builds up.
- 71 Replace my old freezer with an ENERGY STAR® chest model. *Chest freezers are 10 – 25% more efficient than upright models.*
- 72 Thaw frozen foods before cooking or baking.
- 73 Use a toaster oven or microwave instead of the oven, whenever possible.
- 74 Opt for an electric frying pan instead of a range top.
- 75 Try slow cooking. *It actually reduces energy use even though cooking times are extended.*
- 76 Use pots with tight-fitting lids. *Your food will cook faster.*
- 77 Keep oven and stove elements and reflectors clean.
- 78 Use the smallest pot and burner needed for the job.
- 79 Use the oven light to check on my food instead of opening the door.
- 80 Use an automatic shut-off kettle.
- 81 Turn off the burner or oven when my food is almost cooked. *Existing heat will finish the cooking for you.*
- 82 Use the oven's self-cleaning option after cooking. *You can take advantage of the existing heat.*
- 83 Avoid preheating. Unless you are baking, preheating is not necessary.
- 84 Install a convection oven. *Not only do these ovens cook more evenly, but they also cook faster.*
- 85 Fight phantom load – unplug electronics that draw power even when they're turned off. *This includes TVs, cable TV boxes, microwave ovens and any items using "power cubes" (such as handheld vacuums and baby monitors).*
- 86 Turn off the monitor if I'm not going to use my computer for more than 10 minutes.
- 87 Turn off both the monitor and the CPU if I'm not going to use my computer for more than 2 hours.
- 88 Turn off my screensaver. *It doesn't save energy! Or your screen.*
- 89 Enable my computer's power saving features.
- 90 Use power bars with on/off switches, automatic shutoff, or integrated timers.
- 91 Replace my desktop computer with a laptop. *Laptops use up to 90% less energy than a desktop computer. Laptops require only 15 watts of power, and have extensive power management features.*
- 92 Turn off TVs, computers, and game consoles when I'm finished using them.
- 93 Turn my cable box off when I'm not watching TV.
- 94 Pull the plug on my battery chargers after charging is complete. *Laptops, cell phones and digital cameras always draw power if they're plugged in.*
- 95 Look for the ENERGY STAR® label when shopping for a new computer, TV or electronic device.
- 96 Use a timer on your block heater. *A block heater only needs to be turned on a maximum of three hours before starting your car, even on the coldest nights.*
- 97 Teach my children good energy conservation habits. *Habits are formed early, so set a good example.*
- 98 Be a role model for good conservation. *You have the power to influence colleagues, friends and family.*
- 99 Keep track of how much electricity I use each month. *This is the best way to see the impact of your energy saving actions.*
- 100 Schedule an energy audit of my home — and act on the results. *The PEI Office of Energy Efficiency will help fund an audit and related retrofits to improve your home's energy efficiency. Get more information at [www.gov.pe.ca/oe](http://www.gov.pe.ca/oe).*

# 100 ways you can \$SAVE!

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- 1** Install a programmable thermostat. *A properly set programmable thermostat can reduce heating and cooling costs by up to 10 per cent.*
- 2** Set back thermostats by 5°C when I'm away from home.
- 3** Set my heat/thermostat at 20°C when I'm at home and 18°C or lower overnight.
- 4** Close the flue damper on the fireplace when it's not in use. *A wood burning fireplace can actually draw heat out of the house, unless you have glass doors or an insert.*
- 5** Use area rugs on cold floors – if my feet are warm the rest of me feels warm.
- 6** Put on a sweater if I feel cold rather than simply turning up the thermostat.
- 7** Use insulated drapes or energy-saving blinds in the winter. *They help to keep the heat inside your home.*
- 8** Open south facing blinds and drapes on sunny winter days.
- 9** Improve the insulation in my home. *Adding insulation to your attic and basement tend to give the biggest energy savings.*
- 10** Replace my oil furnace with a high efficiency ENERGY STAR® qualified model. *High efficiency oil-furnace systems can deliver significant energy savings. Financial assistance is available from the PEI Office of Energy Efficiency.*
- 11** Caulk and weather strip around doors, windows and attic hatches.
- 12** Use foam gaskets behind light switches and outlet cover plates.
- 13** Have my furnace cleaned once a year.
- 14** Avoid heating unused rooms by closing doors.
- 15** Landscape for energy savings. *Evergreens, like pine or fir, planted on the north side of your home will provide an energy-saving windbreak.*
- 16** Upgrade to ENERGY STAR® doors and windows. *Financial assistance is available from the PEI Office of Energy Efficiency.*
- 17** Turn off kitchen and bathroom fans immediately after use. *Ventilation fans can extract all of your home's heat in 2 to 3 hours.*
- 18** Shorten my showers to use less energy and hot water.
- 19** Take a shower instead of having a bath. *A 5 minute shower uses a lot less water than a bath.*
- 20** Install aerating, low-flow faucets and showerheads.
- 21** Fix dripping faucets, especially leaky hot water faucets.
- 22** Insulate my water pipes. *Wrap the first metre of cold water pipes and the first two metres of hot water pipes running to and from the water heater or furnace.*
- 23** Insulate or wrap my electric hot water heater. *Follow the manufacturer's instructions or contact a professional.*
- 24** Lower the temperature on my water heater by 5°F, but to no lower than 130°F.
- 25** Install a drain water heat recovery system. *Drain water heat recovery systems can save up to 40% on your water heating costs.*
- 26** Replace my electric hot water heater with an ENERGY STAR® qualified model.
- 27** Install a solar hot water heater.
- 28** Turn off the lights whenever I leave a room. *Yes, this does make a difference.*
- 29** Replace my high-use incandescent light bulbs with ENERGY STAR®-qualified compact fluorescent light bulbs (CFLs) wherever it makes sense. *They use up to 75% less electricity and last up to 10 times longer.*
- 30** Use task lighting. *Use brighter lights for tasks such as reading and dimmer lights for general lighting such as watching TV.*
- 31** Install an ENERGY STAR® light fixture. *These light fixtures combine high performance, attractive design, the highest levels of energy efficiency, and they only work with low energy consuming bulbs.*
- 32** Dust my lamps, shades, light fixtures and bulbs regularly. *A cleaner bulb is a brighter bulb.*
- 33** Replace incandescent nightlights with an LED. *LED night lights use less than a watt of electricity and last for at least 10 years.*
- 34** Place floor lamps or table lamps in corners. *The light will reflect from both walls, making the room brighter without additional lamps.*
- 35** Take advantage of daylight. *Use natural sunlight when possible and turn lights off.*
- 36** Replace outdoor incandescent floodlights with compact fluorescent (CFLs) floodlights. *Place outdoor CFL floodlights in trees and other locations where they won't get covered by snow.*
- 37** Install dimmer switches and use dimmable CFLs.
- 38** Install motion sensors to turn off lights automatically. *Make sure to use the right light bulb – most CFLs do not work well with sensors or photocells.*
- 39** Put my indoor and outdoor lights on timers. *Don't leave your lights on 24/7 while you're away.*
- 40** Use LED (light emitting diode) holiday lights. *Traditional incandescent lights use 90% more energy.*
- 41** Use the LED lighting coupon that came with my Maritime Electric bill.
- 42** Use solar-powered outdoor lights.
- 43** Wash and rinse laundry in cold water.
- 44** Wash only full loads of laundry. *If you must wash small loads, match the water level to the size of your load.*
- 45** Purchase an ENERGY STAR® qualified front loading washer. *They use 40% less water and 50% less energy than top-loading models.*
- 46** Hang my clothes outside to dry. *Your neighbours might be inspired to follow your great example!*
- 47** Clean the lint out of my dryer after each load of laundry.
- 48** Dry full loads of clothes only and don't overload the dryer.
- 49** Wring my clothes out well before putting them in the dryer.
- 50** Use the automatic sensor on my dryer. *Over-drying not only uses more electricity but also increases shrinkage and wrinkles.*
- 51** Use an indoor clothes rack to dry clothes.
- 52** Dry consecutive loads to take advantage of retained heat in the dryer.
- 53** Always set my dishwasher to air dry and only run it when full.
- 54** Scrape, but don't rinse my dishes before loading the dishwasher.
- 55** Use the energy or water saving features on my dishwasher.
- 56** Check and clean dishwasher drains to ensure efficient operation.
- 57** Purchase an ENERGY STAR® qualified dishwasher. *ENERGY STAR® qualified models use at least 40% less energy than other models.*
- 58** Right-size my refrigerator. *Even an energy-efficient model can't give you maximum savings if it's too big for your needs.*
- 59** Get rid of my old energy-guzzling second fridge.
- 60** Set the temperature inside my refrigerator to the mid-level setting, usually 4°C (39°F).
- 61** Make sure my refrigerator and freezer doors seal well.
- 62** Allow hot food to cool before placing it in my refrigerator.