



Help the Environment and Save \$\$\$

Environment Canada – Clean Air Online (<http://www.ec.gc.ca/cleanair-airpur/>)

APPLIANCES

- Based on average household appliance energy consumption in 2004, potentially 30% energy savings can be achieved by using ENERGY STAR qualified appliances.
- Today's air conditioners are about 20 percent more energy efficient than they were in 1990, and ENERGY STAR qualified models are even better.
- A chest freezer is 10-25% more energy efficient than an upright model because they are better insulated and cold air does not spill out when the door is opened.
- For each degree below a freezer's ideal temperature of -18°C , the freezer will use almost 2 percent more energy.
- Convection ovens are more energy efficient than standard ovens, since the heat is continuously circulated, reducing temperatures and cooking time by up to 30%.
- About 80% of the energy needed to operate a dishwasher is used to heat the water: a machine that uses less water is more efficient.
- Front-loading or horizontal axis washing machines use 40% less water and 50% less energy than top-loading machines since they spin clothes faster, removing more water so that less drying time is needed.

LIGHTING

- Compact fluorescent light (CFL) bulbs use 75% less energy and last 10 times longer than incandescent bulbs, while providing the same amount of light.

LAWN MOWERS

- Four-stroke engines are 70% more efficient than two-stroke engines.
- Electric mowers reduce pollution by 90%.



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DRIVING

- Check your tire pressures regularly; under-inflated tires can increase fuel consumption by up to 3%.
- Decreasing your highway cruising speed from 120 to 90 km/hr will decrease fuel consumption by about 20%.
- No more than 30 seconds of idling is needed for oil to circulate through your engine.
- Ten seconds of idling uses more fuel than restarting the engine.
- Idling a vehicle for 10 minutes a day uses an average of 100 litres of gas a year.
- Sport utility vehicles (SUVs), mini-vans, and pick-up trucks are built on “light truck” frames, which do not have strict fuel efficiency standards like other passenger cars. They consume 50-70% more fuel than other passenger vehicles, and as such, emit more pollution.
- Walking and cycling can improve your health. You can burn up to 350 calories per hour! Walking also helps to reduce blood pressure.

HEATING AND COOLING

- Insulating basement and attic walls can reduce your energy bill by as much as 30%.
- For every degree you lower your thermostat in the winter, you can save 3% on your heating bill.
- Highly energy-efficient furnaces can save you up to 25% of your home heating costs.
- Solar hot water systems can supply up to 50% of the energy needed to heat water for an average household.
- Insulating your water tank can reduce energy losses by 25-40%.
- For every degree your air conditioner is set below 27°C, you use 3-5% more energy.