



## CAMP KAWARTHA ENVIRONMENT CENTRE FACT SHEET SERIES

# SAVING ENERGY AT HOME

### Why Save Energy?

With households getting bigger, electronics becoming more popular and population on the rise, Natural Resources Canada has estimated that the demand for electricity will increase by 15% or more by 2020, so now is a great time to make environmentally conscious decisions when using electricity. Making small changes to your electricity consumption will help out the environment, reduce demand on the grid and save you surprising amount of money.

### Heating & Cooling

Whether it's the winter or summer, controlling the temperature in your home can dominate your energy bills. To cut down on costs warm air needs to be contained in the building during the winter and cool air circulated throughout the building in the summer. Here are some simple tricks to help:

-LOOK FOR SPIDERS in your home. Where you find spiders you can often find air drafts. Spiders will spin their web in these areas so food will come to them. Put weather-stripping around your windows and seal up and any other leaks you can find. You can also use aluminum tape around joints in heating and cooling ducts to reduce leakage.

#### *Did you know...?*

*The Camp Kawartha Environment Centre used hempcrete and slip-straw in its walls, both of which offer excellent insulation and breathability. Around the windows, we used recycled cotton-batten, fiberglass frames and triple glazed glass for a better, air tight building.*

-PUT YOUR GREEN THUMB to work. Trees and shrubs planted around your home will shelter it from the wind and sun, helping to maintain an even temperature inside.

#### *Did you know...?*

*The Camp Kawartha Environment Centre has its own living roof, which acts as an excellent insulator and will also provide habitat to various species including migrating, and possibly endangered, butterflies.*

-DON'T PLAY WITH FIRE. Although you would think a traditional fireplace can heat your home with little costs, they can actually contribute to heat loss. New gas fireplaces are sealed and you have greater control over the heat they provide. Add a ceiling fan near the fireplace and it will push heat down to you where it's needed most.

-TURN DOWN THE HEAT! Lower your thermostat at bedtime and before leaving your home. Installing a programmable thermostat is a great way to make sure the temperature stays down while you are sleeping and warms up by morning before you wake.

#### *Did you know...?*

*The Camp Kawartha Environment Centre uses geothermal radiant flooring as one of its heat sources. These systems use ambient temperatures in the ground to absorb heat energy that warms and cools the building through pipes running throughout the building below the flooring.*

-CHILL OUT. Air conditioners can cost about \$70 a month to operate, while a ceiling fan costs approximately one cent for two hours of use.

### Lighting

We spend about nine hours in the dark during the summer and over half the day in darkness throughout the winter. Using a high efficiency lighting source can cut more energy costs than you might expect.

-BOUNCE YOUR LIGHT AROUND. By painting the walls in your living areas a lighter colour, you can reflect more light. As a result, your home will require fewer lights. Place lights in the corners, so they can reflect off two walls instead of just one.

-KNOW YOUR BULBS, LOVE YOUR LEDs. A halogen light bulb uses up to 40 percent less energy and casts the same amount of light as an incandescent bulb. Even better, LEDs (Light Emitting Diode) use one-tenth of the power of incandescent bulbs. Regular incandescent bulbs only use 5 to 8% of the energy they require to produce light; the rest of the energy is dissipated as heat.

#### *Did you know...?*

*The LED light bulbs found throughout the Environment Centre only require 3 watts each to function. That means if all the LED lights are turned on in the they will use a total of only 120 watts!*

### Water

Every time you leave the tap running, precious water is lost down the drain, a dripping tap alone can waste 9,000 litres of water in one year! Don't worry though, there are lots of ways to save water.

-CONTROL YOUR FLOW. By buying a low flow showerhead, you can conserve energy and use 60% less water without affecting your water pressure . You can also invest in a six-litre-per-flush model toilet use up to 70% less water per flush.

#### *Did you know...?*

*The Camp Kawartha Environment Centre has two indoor composting toilets that use no water and little energy.*

-THE TALLER THE BETTER-for your garden. Tall plants in your garden require less water as they help retain moisture in the ground.

-USE YOUR DISHWASHER? Yes, it' true; prewashing dishes by hands can use up to 115 litres of water. If you always run a full load in your dishwasher and select the air dry option, you can save energy and water.

Also new dishwashers are also about 95% more energy efficient than those made prior to 1972. If you have an aged dishwasher, it may cost you less to buy a new one than to use your older model.

#### *Did you know...?*

*The Camp Kawartha Environment Centre supplies its own water needs by collecting and filtering rainwater .*

-FEEL THE FREEZE in your laundry room. Washing your clothes in cold water can save energy, as it takes 85 to 90% of your machine's energy to heat the water. As well, front-loading washing machines use about 40% less water per load and 60% less energy. Finally, hang your clothes to dry, since the dryer, costing approximately \$85 a year, is the second largest energy consumer in the home .

-WHY SIT WHEN YOU CAN STAND? An average bath uses 75 litres of water. A five minute shower, using a low-flow showerhead, can use half of that.

### Other

-By rearranging items in the fridge, you can control airflow and save energy. A fridge that isn't as full won't have to work so hard to keep everything cool.

-Self-cleaning ovens generally have more insulation than regular ovens. This means energy savings every time you cook.

For more energy saving ideas check out these resources:

- [www.greenup.on.ca](http://www.greenup.on.ca)
- [www.peterboroughutilities.ca/home.htm](http://www.peterboroughutilities.ca/home.htm)
- [www.spendinglessonenergy.com](http://www.spendinglessonenergy.com)

### Bibliography

- [www.oeenrcan.gc.ca/](http://www.oeenrcan.gc.ca/)
- [www.saskenergy.com/saving\\_energy/](http://www.saskenergy.com/saving_energy/)
- [www.hydroone.com](http://www.hydroone.com)
- [www.earthday.net/](http://www.earthday.net/)

**THE CAMP KAWARTHA**  
*Environment Centre*

