



1. Use your thermostat

Your thermostat keeps you comfortable in your home, but it is also a tool which can help you manage costs. Do yourself (and your City) a favor by turning down the heat when you are out or at night when you are sleeping.

2. Run your appliances during off-peak hours

Although the cost of electricity has been evening out as a result of government mandated rate caps, it has not become cheaper to produce. It is suggested that you do your part to reduce the load on the infrastructure by running your major appliances at off-peak hours (after 8 pm or before 6 am). For example, many dishwashers are equipped with a four hour time delay which allows you to run your machine while you are out or asleep (and when rates are cheapest). Shifting your demand load won't make you rich, but if more of us did it, we would all be better off.

3. Replace bulbs with compact fluorescent lighting

"If every household in the U.S. replaced one light bulb with a CFL, the environmental impact would be equivalent to the removal of 1 million cars from the road." CFLs provide the same amount of light as standard incandescent bulbs, but have lower wattage ratings, can use up to 66% less energy and last up to 10 times longer. Replacing a 100 watt incandescent with a 32 watt CFL can save up to \$30 in electricity costs over the life of the bulb. Remember, less energy also means less pollution. CFLs also reduce fire and burn risks when compared to halogens.

4. Sort recyclables

Recycling counts! Help reduce waste and lesson the demand for raw materials. Tridel helps residents sort their recyclables by installing chutes and sorters in buildings. For information about what Ottawa recycles, visit: [here](#).

5. Buy Energy Star products

The Energy Star Program rates many consumer electrical appliances for energy efficiency. Look for their label when buying a television, DVD player, or toaster oven, and you will feel even better about how you've spent your money.

<http://www.energystar.gov/>

<http://oee.nrcan.gc.ca/energystar/english/consumers/electron.cfm?Text=N&PrintView=N>

6. Be healthy

Canadians spend a lot of time indoors during the winter months. Studies show that indoor air quality can actually be worse than the pollution outside, and the Canadian Lung Association points out that this has a lot to do with the choices we make when buying household products. Look for cleaning products that emit few odors. Seventh Generation and Ecover are examples of two manufacturers who make popular cleaning agents that are produced in an environmentally responsible way. Look for other manufacturer's environmentally conscious products in health food stores.

7. Be a conscientious consumer

For a range of products that meet government sanctioned third party certification standards, go to www.environmentalchoice.com