



CUTTING ENERGY USE AT HOME BY 20% – tips to get you started
For better health and a cleaner environment.



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 **TORONTO** Public Health

Tips to reduce energy use at home

- Set thermostat (for heating) down 1°C during the day and/or 2°C at night; set thermostat (for cooling) up 1°C during the day and/or 2°C at night
- To keep the heat in (during winter), close window coverings each night and open for the daylight hours on sunny days; to keep the cool air in (during summer), close window coverings for the daylight hours on sunny days
- Clean or replace your furnace filter regularly (e.g., every two months)
- Use cold water instead of hot water every time you wash your clothes
- Reduce the number of drying cycles by half (by hanging your clothes or making sure your dryer is full)
- Keep all air vents and doors to unused rooms closed when your furnace or air conditioner is operating
- Clean the coils on the back of your refrigerator by brushing off or vacuuming the dust
- Use your dishwasher only when full; use the energy-saving or light wash cycle; select the air dry option
- Turn off lights, computers, TVs and DVDs when not in use; to reduce “phantom” or “stand-by” power use, plug electrical items into a power bar and switch off
- Close the fireplace damper or air-tight fireplace door after each use of your fireplace
- Replace your standard light bulbs with energy efficient bulbs



**Get your free copy of the 20/20 Planner to learn more
about how you can reduce your energy use at home and on the road by 20%**
www.toronto.ca/health/2020 or 416-392-2020

