

# BENEFITS OF SAVING ENERGY



## IT'S GOOD FOR THE ENVIRONMENT

Burning fossil fuels (like oil and gasoline) to create energy releases carbon dioxide. Carbon dioxide is a greenhouse gas, which means it traps heat in the atmosphere. Humans release billions of tonnes of carbon dioxide into the atmosphere each year by burning fossil fuels and global temperatures have started to increase as a result. When we save energy, we're helping protect our environment.

## IT'S GOOD FOR THE AIR

Saving energy can reduce the amount of pollutants in the air. These pollutants include chemicals (like sulphur dioxide), which are harmful to our health. When we save energy, we're helping keep our air clean.

## IT'S GOOD FOR SAVING MONEY

Homes and businesses pay for every litre of oil burned in a furnace and every kilowatt of electricity used. Saving energy can save homes and businesses a lot of money.

## IT'S GOOD FOR OUR ECONOMY

The development of the Muskrat Falls Project provides Newfoundland and Labrador with the opportunity to export energy that is beyond what is needed to serve the people of the province. By saving energy, the province has additional clean energy available to sell into other markets.

## IT'S GOOD FOR YOUR HOME COMFORT

It takes a lot less energy to heat homes that are well insulated. These homes are more comfortable and often have better ventilation systems, which can improve indoor air quality.