

ABOUT SAVING ENERGY

We use energy every single day. Every time we switch on a light, turn up a thermostat, or turn on a television, we use energy. Whether you're at home or at school, it would be difficult to find a room that doesn't have at least one energy-using product.

In Newfoundland and Labrador, and all around the world, energy use is going up. That's why it's more important than ever to save energy.

INCREASE IN COMMON HOUSEHOLD ELECTRONICS (1970-2010)



WHAT CAN YOU DO?

CONSERVE ENERGY by making small changes in your everyday routine to save energy.



Turn off the lights when you leave a room.

Unplug electronics when they are fully charged.



Turn down the heat before you go to bed.



BE ENERGY EFFICIENT by using products or technologies that use less energy, like ENERGY STAR appliances and electronics.



TVS AND COMPUTERS



DISHWASHERS, WASHERS AND REFRIGERATORS