

# ABOUT SAVING ENERGY

We use energy every day. Every time we switch on a light or turn on the TV, we use energy. Just about every room in your house or school has at least one product that uses energy. We're using more energy than ever.



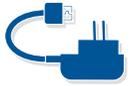
LIGHTS



TELEVISIONS



COMPUTERS



PHONE CHARGERS



GAMING SYSTEMS



HEATING

## HOW CAN YOU 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.

Choose ENERGY STAR products, like TVs and refrigerators, because they work just as well as other products, but use less energy!



TVS AND COMPUTERS



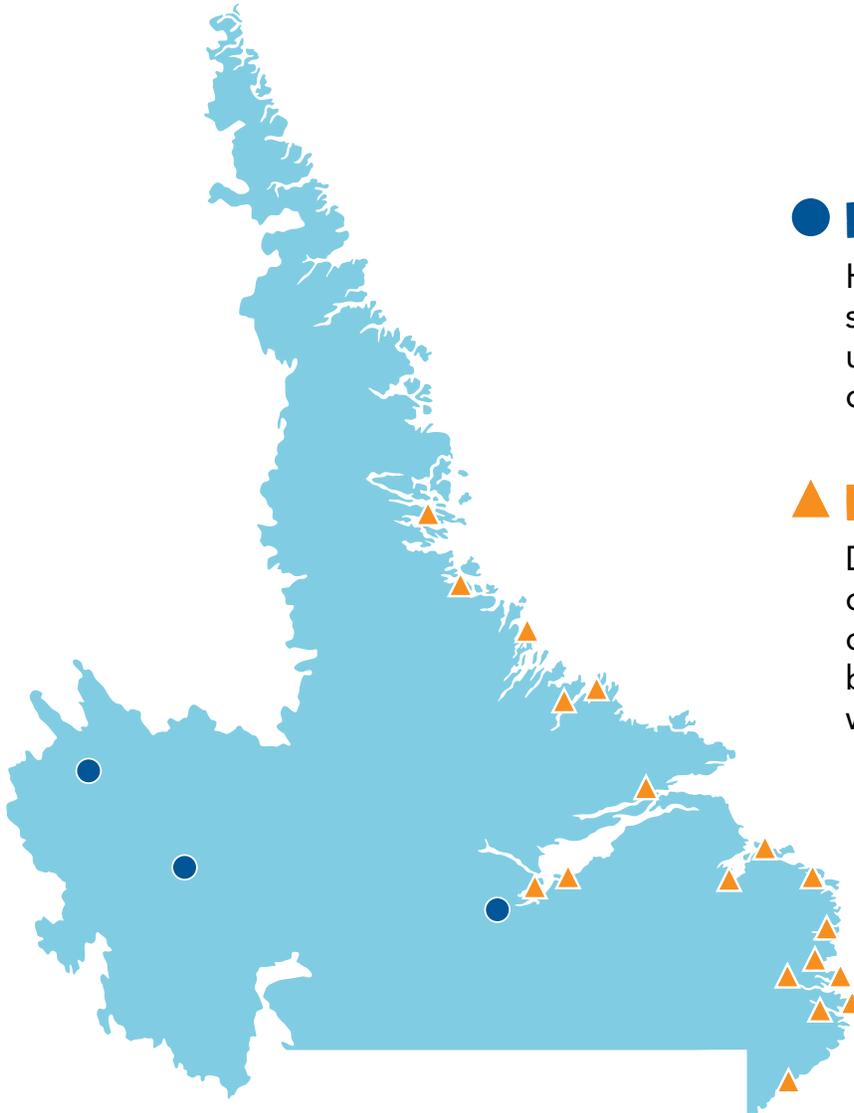
DISHWASHERS, WASHERS AND REFRIGERATORS

# WHERE DOES ENERGY COME FROM IN LABRADOR?

The energy we use includes the gasoline we burn in our cars and trucks, the oil burned in some homes to create heat, and the electricity we use every day. The biggest source of energy we use in our homes is electricity.

## WHERE IS ELECTRICITY GENERATED IN LABRADOR?

In Labrador, electricity comes from two sources:



### ● HYDROELECTRICITY

Hydroelectricity is a clean source of energy created using water that has travelled downstream from a reservoir.

### ▲ DIESEL FUEL

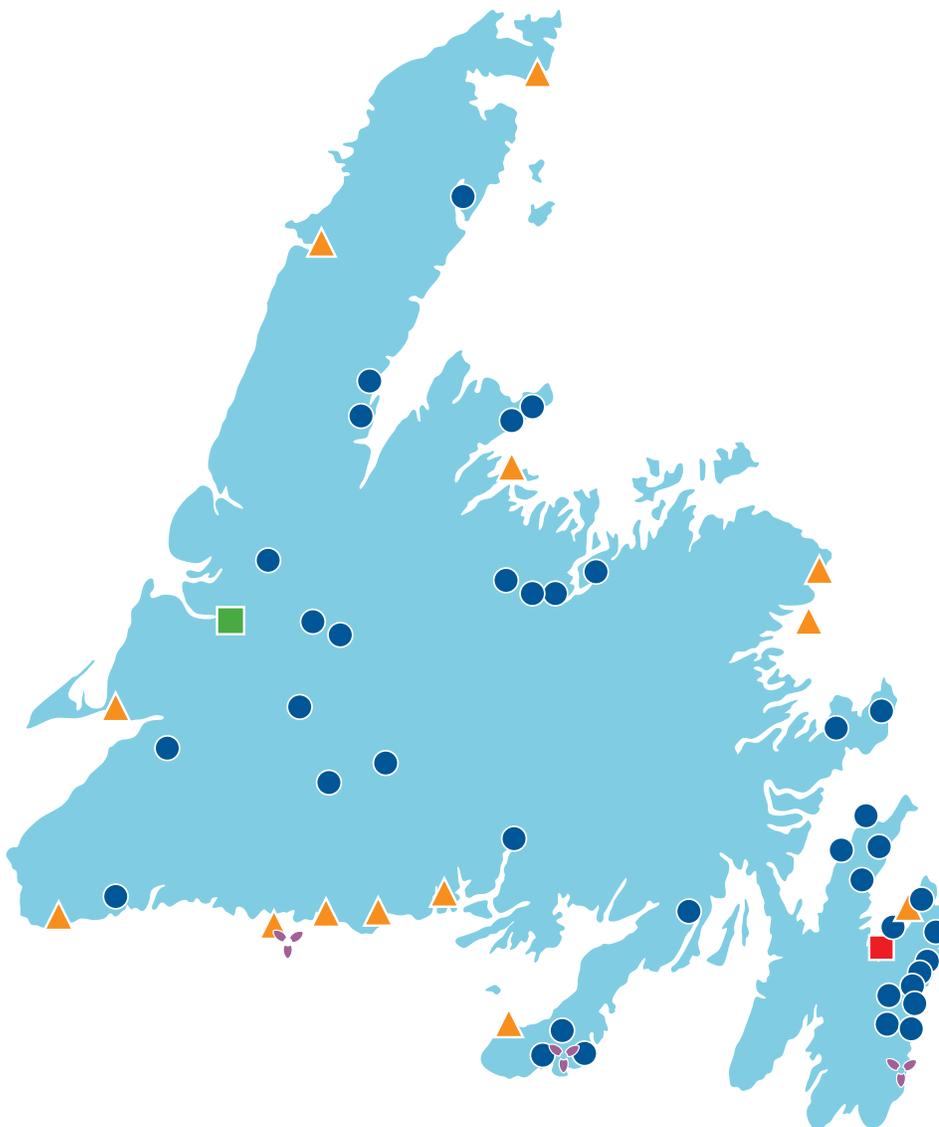
Diesel fuel is burned to create electricity for some communities and to provide backup or extra electricity when needed.

# WHERE DOES ENERGY COME FROM IN NEWFOUNDLAND?

The energy we use includes the gasoline we burn in our cars and trucks, the oil burned in some homes to create heat, and the electricity we use every day. The biggest source of energy we use in our homes is electricity.

## WHERE IS ELECTRICITY GENERATED IN NEWFOUNDLAND?

In Newfoundland, electricity comes from four different sources:



### ● HYDROELECTRICITY

Hydroelectricity is a clean source of energy created using water that has travelled downstream from a reservoir.

### ■ OIL

A large generating station on the Avalon Peninsula burns oil to create electricity for the island of Newfoundland.

### ▲ DIESEL FUEL

Diesel fuel is burned to create electricity for some communities and to provide backup or extra electricity when needed.

### ✪ WIND ENERGY

There are three wind farms that create enough electricity to power over 12,300 homes every year.

### ■ BIOMASS

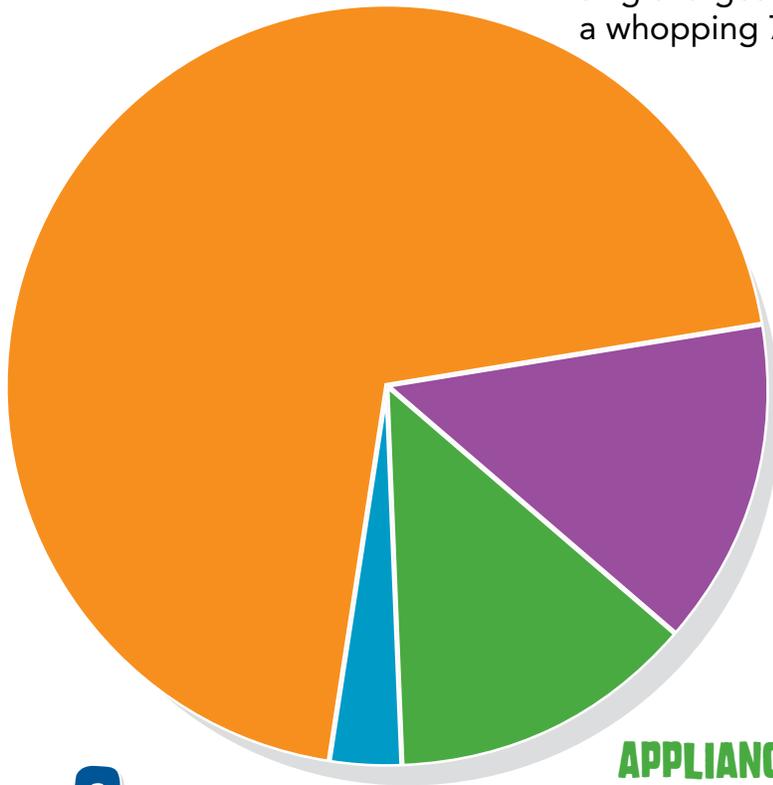
Wood chips and other types of tree waste are used in Corner Brook to create electricity.

# HOW DO WE USE ENERGY AT HOME?



## HEATING 70%

You know how cold winters can get in Newfoundland and Labrador, so it's no surprise that heating our homes is the single largest source of energy use — a whopping 70%.

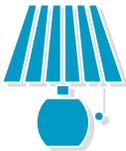


14%

## WATER HEATING

It takes a lot of energy to heat water. We use hot water to take baths, wash our hands and clean dishes and clothes.

3%



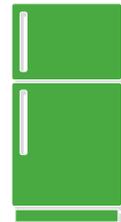
## LIGHTING

Every room usually has a ceiling light or a lamp. Every light needs energy to run.

## APPLIANCES AND ELECTRONICS

Our homes are filled with electronics (like TVs) and appliances (like refrigerators). They all use energy.

13%



# WHY IS SAVING ENERGY GOOD?



## THERE ARE TWO BIG REASONS WHY SAVING ENERGY IS IMPORTANT:

### IT'S GOOD FOR THE ENVIRONMENT:

Sometimes creating energy can send harmful pollutants into the air. When we save energy, we're helping keep our air clean and our planet healthy.

### IT'S GOOD FOR YOU AND YOUR FAMILY:

Homes and businesses pay for all of the energy they use. Saving energy can save homes and businesses a lot of money.

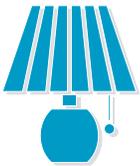
# HOW CAN YOU SAVE ENERGY?

**YOU CAN BE AN ENERGY-SAVING HOTSHOT BY MAKING SMALL CHANGES EVERY DAY. HERE ARE SOME TIPS TO CUT BACK YOUR HOME ENERGY USE.**



## TURN BACK THE HEAT

The largest source of energy use in our homes is heating. Turning back the thermostat by 3°C while you're sleeping and at school.



## SWITCH OFF THE LIGHTS

Here's an easy way to save: just turn off the lights when you leave a room or when there's enough natural light coming in through the windows.



## BE SMART WITH APPLIANCES

Our home appliances use a lot of energy. To save energy:

- Don't leave the refrigerator door open
- Wash clothes in cold water
- Uncrumple clothes before they go in the dryer
- Only run the dishwasher when it's full



## SAVE HOT WATER

Save hot water by taking short (five-minute) showers instead of baths.



## UNPLUG

Many electronics (like TVs and cable boxes) use energy even when they're turned off. Save energy by unplugging electronics and chargers when not in use.

# HOW CAN YOUR HOME BE AN ENERGY SAVER?

## SWITCH TO PRODUCTS THAT USE A LOT LESS ENERGY!

### 1. GO ENERGY STAR

The ENERGY STAR label means a product uses less energy. Look for it on laptops, TVs, dishwashers, refrigerators and more.

### 2. SWITCH ON THE SAVINGS

Energy-efficient light bulbs save a lot of energy.

### 3. DON'T HEAT THE OUTDOORS

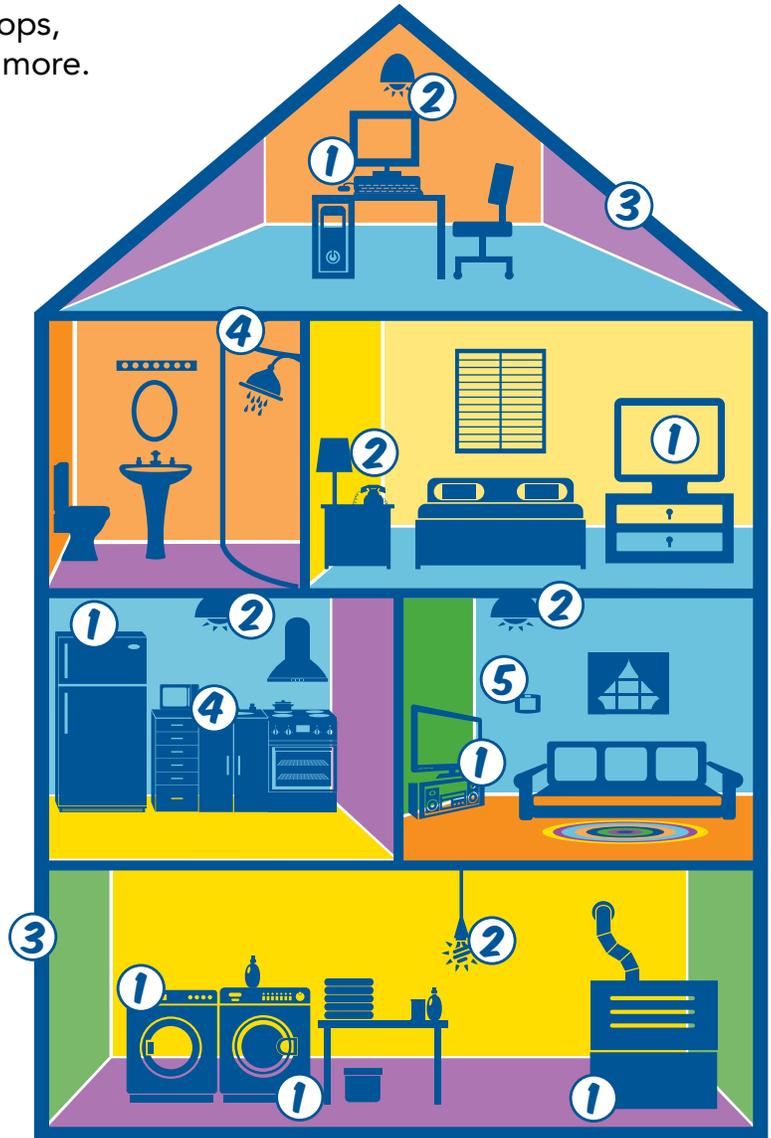
A drafty home means you're losing a lot of heat and wasting a lot of energy. Insulating your home's walls and sealing air leaks can save a lot of energy.

### 4. LOW-FLOW SHOWERHEADS = BIG TIME SAVINGS

Certain types of showerheads and faucets mix air with water and they can save a lot of hot water and energy.

### 5. DIAL UP THE SAVINGS WITH PROGRAMMABLE THERMOSTATS

Programmable thermostats save energy by automatically turning down the heat while you're at work, school or sleeping, and turning it back up before you return home or wake up.



# BE A HOTSHOT. SAVE ENERGY.

**BE AN ENERGY-SAVING HOTSHOT BY DOING THESE SMALL THINGS EVERYDAY:**

- TURN OFF LIGHTS**
- TURN OFF OR UNPLUG THE TV/COMPUTER**
- TURN DOWN THE HEAT**
- CLOSE DOORS AND WINDOWS**
- UNPLUG CELL PHONE CHARGERS**
- WASH CLOTHES IN COLD WATER**
- TAKE SHORT SHOWERS**
- DON'T LEAVE THE REFRIGERATOR DOOR OPEN**
- UNCRUMPLE CLOTHES BEFORE DRYING**

