

TRICKS TO REDUCE YOUR ENERGY COSTS

HEATING – AIR CONDITIONING- WATER – HOUSEHOLD APPLIANCES – WASTE MANAGEMENT – TRANSPORTATION – HUMIDITY CONTROL – PERTINENT INTERNET LINKS

APPORTIONMENT OF ELECTRICITY CONSUMPTION FOR HOUSEHOLDS HEATED WITH ELECTRICITY

EFFICIENT COOPS - TRICKS TO REDUCE YOUR ENERGY COSTS

Hot water: 20 %

Lighting: 5 % Other appliances: 3 %

HEATING

Keep the temperature in your house at around 20°C (68°F).

Lower the thermostat by 3°C during the night or when you leave the house for more than 3 hours. A 1°C reduction represents a 2 % saving on your heating bill.

Close the doors of all unused rooms. Do not set the thermostats lower than 15°C (59°F) in those rooms.

To avoid heat loss, install cloth curtains on your windows and close them during the night and when you are not at home.

Have your gas or oil appliances inspected every year, preferably at the end of the heating season.

Free the heating boards, heating coils and other hot air outputs.

Avoid putting furniture or huge objects in front of electric base-boards.

In the winter, use a ceiling fan, at the lowest speed, clockwise, for better hot air circulation.

AIR CONDITIONING

Use natural ventilation or a ceiling fan to cool your home.

Select the hottest setting on your conditioner's thermostat which will give you an acceptable level of comfort. 25°C is the recommended setting.

Do not let hot air set in a room all day, then put your thermostat at the maximum level in order to cool it faster.

Put the conditioner on earlier during the day so that it can gradually cool the room.

If the room is not occupied for more than four hours, set the thermostat at 28°C.

Set the fan so that it constantly works to maintain comfortable conditions in the house

Use the « fan only » (if your conditioner has one) at night or early in the morning so that you can get fresh air from outside.

When possible, close the doors in the room where the conditioner is installed in order to keep the cool air inside.

Turn off the lights and the household appliances when they are not needed because they produce heat.

WATER

Take a 5 to 8 minute shower instead of a bath.

Use a flow restrictor shower head with a flow control.

Use water saving faucets.

Install a flow restrictor on all your faucets. Not expensive, it reduces your water consumption by 60 % without affecting the water pressure.

Replace the washers as soon as you see a leak.

Use cold water for your laundry and make sure your washing machine and your dishwasher are full when you turn them on.

The hot water temperature should be between 55o C (131o F) and 60oC (140o F).

Repair water leaks rapidly.

HOUSEHOLD APPLIANCES

Look for the ENERGY STAR® when you shop for a big appliance. The

ENERGY STAR® international logo is the symbol of energy efficiency at its best.

The appliances that have the ENERGY STAR® symbol reduce your energy costs by 30 to 50 %.

Leave the covers on your pots while cooking to reduce cooking time.

Turn off the oven a few minutes before your food is cooked.

Use preferably the microwave, the toaster oven, the kettle and the slow-cooker.

Rapidly close the refrigerator and freezer doors.

Wait for your dish to cool off before putting it in the refrigerator.

Put bottles of water in the freezer if it is almost empty.

Leave enough space behind the refrigerator for the air to circulate (3 inches from the coil or 5 inches to the back of the refrigerator).

Clean the refrigerator's coil at least once a year.

Start the dishwasher only when full. Around 85 % of energy used by a dishwasher is for heating water.

Rinse your dishes in cold water and only start it when it's full. Use the short cycle and let your dishes dry with the door open.

Washing your laundry in cold water is as efficient as washing it in hot water.

Run the spin cycle twice.

In the Summer, use the clothesline and in the Winter, use the dryer.

Clear the lint filter in your dryer before each use

WASTE MANAGEMENT

Take part in the selective waste removal. The goal for the government of Québec for recycling is 60 % for 2008. In 2006, we recycled 48% of materials on the island of Montréal.

Take part in the domestic composting. 69 % of Halifax households are composting, 41 % in Toronto and 31 % in Vancouver. In Montréal, only 8 % of households are composting and the goal of the Québec government for 2008 is 60 % of organic materials.

Contact the Éco-Quartier in your district for more information on composting. Some of them offer domestic composters at very good prices and also some training on domestic composting.

TRANSPORTATION

Walking or using a bicycle as much as possible to get around the district will improve your health !

Use public transportation : metro, bus, carpooling (*Allostop, Amigo express*, etc.).

Use *Communauto* cars haring

Choose cars that consume less fuel and hybrids.

Check your tire pressure every month (when cold). Badly inflated tires can increase your fuel consumption by about 10 %.

A vehicle releases 3 ½ times its weight in pollutants every year.

Drive ecologically (and economically) by:

- Respecting the speed limit of 100 Km/h on the highway.

- Avoiding unnecessary slowing down and sudden accelerations.

When possible, use local goods. They don't need any long distance transportation. You will support your local economy.

CONTROLLING THE HUMIDITY

Avoid drying your clothes inside in the Winter. More a house is humid, more it is difficult to heat it in the Winter.

Measure the humidity in your home with a hygrometer, it should indicate less than 50% in the Summer and less than 30% in the Winter.

Use your kitchen range hood or the bathroom ventilator to get rid of humidity surplus in the home. Failing, open a front and back window for one minute to re-establish the humidity level.

Air the bathroom during and after a shower or a bath. With a humidity level of 60 % and more, you could get moulds in your home.

PERTINENT INTERNET LINKS

EFFICIENT COOPS PARTNERS AND ORGANIZATIONS WORKING FOR ENERGY EFFICIENCY

Société Canadienne d'hypothèque et de logement (SCHL) (Canada Mortgage and Housing Corporation (CMHC)): the housing bible in Canada : www.schl.ca

Société de l'habitation du Québec (provincial) : many publications on housing : www.habitation.gouv.qc.ca/
Communauto: a car sharing service in Montréal (Longueuil and Laval), Québec, Gatineau and Sherbrooke
www.communauto.com/

Agence de l'efficacité énergétique du Québec www.aee.gouv.qc.ca/

Office de l'efficacité énergétique (OEE) (the Office of Energy Efficiency (OEE) federal www.oee.nrcan.gc.ca/
City of Montréal: Environment

ville.montreal.qc.ca/portal/page?_pageid=65,5274472&_dad=portal&_schema=PORTAL

Equiterre: ÉconoLogis www.equiterre.org/energie/index.php

Option Consommateur : ÉconoLogis www.option-consommateurs.org/conseillers/efficacite_energetique/

RECYCLING AND COMPOSTING

Composting from A to Z www.recyc-quebec.gouv.qc.ca/upload/Publications/zzzGUIDE_177.PDF

CONSUMPTION

Coopérative la maison verte: Domestic goods www.cooplamaisonverte.com/fr/

Carrefour de la consommation responsable www.ethiquette.ca/index2.html

Peintures récupérées du Québec www.peinture.qc.ca

Répertoire Énergide des climatiseurs individuels 2006

oee.nrcan.gc.ca/Publications/equipement/climatiseurs-indi-2006/pdf/roomair-conditionner-2006.pdf

MOVEMENTS AND ENVIRONMENTAL GROUPS / CLIMATE CHANGE

Réseau québécois des groupes environnementaux www.rqge.qc.ca

Gaia Presse: portail de nouvelles sur l'environnement au Québec www.gaiapresse.ca

Greenpeace www.greenpeace.org/canada/

Conseil régional de l'environnement de Montréal www.cremtl.qc.ca

Action RE-buts www.actionrebuts.org

Québec-Kyoto: Coalition de solutions www.quebeckyoto.org

GIEC: Groupe Intergouvernemental d'experts sur le climat (ONU) www.ipcc.ch/languages/french.htm