



Energy Savings and your Appliances

10 easy ways to save energy

Whether it be a matter of regular maintenance on certain appliances, like keeping your fridge and freezer coils clean and free of dust, or whether it's as simple as choosing to BBQ on a hot day, as opposed to using your stove, there are many ways you can save energy with your appliances.

- 1 Unplug that second fridge or freezer if you can manage with just one.
- 2 Check the seal on your fridge door by closing it on a piece of paper - if the paper is not held tight, you should either replace the seal, or replace your fridge.
- 3 Make sure your refrigerator and freezer are not too close to any heat sources, such as furnace vents and radiators, ovens, dishwashers and even hot garages.
- 4 Fridge and freezer motors and compressors generate heat, so make sure there is room around these appliances to allow for adequate air flow.
- 5 Defrost your freezer if the ice has built up to a quarter of an inch or more (0.6 cm).
- 6 Don't leave your preheating oven for any longer than 5-10 minutes.
- 7 Match your pot size to the size of your cooking element to avoid heat loss.
- 8 Try to avoid opening your oven door to check the progress of your baking.
- 9 Choose the energy-saving features on your dishwasher such as the air-dry option and/or economy cycle.
- 10 Choose the right water level for the amount of clothes you are washing, or wait for a full load when doing laundry or using your dishwasher.