




Energy Saving Checklist for Your Home




Every checkmark makes your home cozier and more energy efficient. Start saving energy (and money) today!

Take a look around your home and complete this checklist to see all the ways you can save energy!

all over the house

- I use ENERGY STAR® LED light bulbs* wherever I can (and turn them off when I leave the room). 
- I've installed programmable thermostats, and set them to turn down at night and when I'm out.
- I've draft-proofed* my windows and doors.
- I use outlet and switch insulators* on exterior walls.
- I wash my clothes in cold water, and dry them on a clothesline when possible.
- I keep doors closed, and turn down heat in rooms I don't use often.
- I've made air sealing* improvements to my home.


basement

- I've added insulation* to the walls. 
- I don't have an old, empty second fridge wasting energy.
- I have an energy-efficient HRV*(and I clean its filters regularly).
- I've insulated exposed ducts* in unheated areas.

attic

- I've topped up my attic insulation* to R50-55 levels (R60 in Labrador).
- I've sealed up my attic hatch.


bathroom

- I've installed a high performance showerhead.*
- I take quick showers instead of baths. 
- I don't have any leaky faucets.

living/family rooms

- I use smart power strips to avoid standby power.
- I open curtains in the day to warm my home, and close them at night.

kitchen

- I use ENERGY STAR® appliances.
- I only wash full loads in the dishwasher.
- I unplug small appliances. 
- I use the microwave instead of always heating in the oven.
- I match the size of my pots to the burner size.

*For rebates and all things energy efficiency, check out [TakeChargeNL.ca](https://www.takecharge.nl.ca)