



# 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 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 set my computer to sleep mode after 5-15 minutes of inactivity.
- ☐ I've made air sealing\* improvements to my home.



## basement

- ☐ I've added insulation\* to the walls or ceiling.
- ☐ 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.
- ☐ 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 to keep heat in.

## 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.TakeChargeNL.ca)**