



WINTER ENERGY EFFICIENCY CHECKLIST

When the days get shorter and the temperatures get colder, we all reach for the thermostat. While adjusting the heat is a necessity in New Brunswick – we can find ways to be comfortable while also keeping energy efficiency top of mind. Here's your one-stop shop for some of the best ways to save energy and stay warm this winter.

- ❑ **Clear space in front of heaters and radiators.** Make sure you don't have furniture blocking baseboard heaters or radiators or covering a heat register. Even if you just rearrange the room for winter to try something new – let the warm air flow freely!
- ❑ **Seal gaps and cracks around windows and doors.** If you're still feeling a chill even with the heat on it could be cold air is getting in around windows and doors! Check around the windows and doors by holding your hand a few centimeters away. If you feel cool air – you're losing heat. Consider using a sealant such as caulking, spray foam or weather stripping around your doors.
- ❑ **Add some insulation.** Insulation is the key to comfort. It keeps you warm in the winter and cool in the summer. Do you have an older home? Is your attic drafty? Are your outside walls cool to the touch in the winter? Consider adding insulation or upgrading to a higher R-value to keep the warm air in this winter. [You can check out this article on insulation to help you get started.](#)
- ❑ **Close off unused rooms.** Keep the doors shut to rooms you don't use often and turn down the thermostat.



- ❑ **Programmable thermostats.** This is a tip that is shared often, and for good reason. One of the easiest ways that energy is wasted, is forgetting about your thermostats. A simple way to save money and energy is to program your thermostat to 17°C when you're sleeping or away from home or at work and 21°C when you're home and awake.
- ❑ **Rugs aren't just for decoration.** Rugs add a layer of warmth between you and the floor. Adding carpeting may be a stretch but if your living area is hardwood or another type of flooring consider an area rug to keep your feet warm. It's a bonus that can add warmth and style!
- ❑ **Watch your energy bill.** Your monthly energy bill shows your use per billing period and you may also see a table comparing current usage against previous periods based on the cost of electricity charges. You can monitor and make adjustments based on your household trends and usage month over month.

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INFORMATION ON HOW
TO SAVE MONEY AND
SAVE ENERGY**

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