



Thanks to Faith and the Common Good for permission to modify the Energy Action Planner

**For more information please contact;**

**Beatrice Ekwa Ekoko**  
Project Manager  
beatrice.ekoko@gmail.com

**Environment Hamilton**  
1130 Barton St East  
Suite 207  
Hamilton, Ontario  
(905) 549 0900

**Visit our website at [www.environmenthamilton.org](http://www.environmenthamilton.org)**

*Funding for this project was provided by the Ontario Ministry of Energy's Community Conservation Initiative.*

*The views expressed here are those of the authors and not necessarily those of the Ontario Ministry of Energy. Any errors are the authors' responsibility.*

# HOME



# ENERGY

# CONSERVATION PLANNER



blanketstudio.ca

**Presented by Environment Hamilton  
Energy Awareness Initiative for Faith Groups**

# Introduction

As a member of a faith-based community, we are encouraging you to join the growing movement of communities doing their part to preserve the health of our planet. There is plenty that you can do. This handbook provides you with information and tools designed to help you to reduce your energy consumption at home.

Most of the energy we use, including our electricity, comes from burning oil, coal and gas, resulting in unhealthy smog and climate changing greenhouse gases.

The Home Energy Conservation Planner encourages you to take steps to reduce your energy usage enabling you to save money and help the environment at the same time. This plan has two stages to help you achieve a 20% energy reduction (based on an average household energy consumption).

## PLAN (beginning of Week 1)

### Step 1-Assess your energy usage and plan your actions

Go over the list of actions and check off all the things that you have already been doing. Decide which actions you will start doing in the next two weeks.

### Step 2- Act

Do those actions that you can accomplish in 2 weeks. At the end of the 2 weeks, ensure you have filled out the planner. Note what you've accomplished by marking down the % saving for each new action taken.

## ACT (by end of week 2)

### Finish filling out the planner

Return filled-out planners to the designated volunteer within your group so that the results can be tallied up. You will then be provided with information on the total amount of energy saved by everyone acting together.

Once you become involved in energy-saving efforts, we encourage you to spread the word by sharing your progress with other members of your faith group. Word of mouth is a powerful way to make positive change happen.

Another important step you can take is to share your views with your elected representatives. Achieving widespread public commitment to energy conservation will require effective policies, laws and regulations. This step may be the most important one you take - helping to make important positive steps the law.

Write, phone or email your municipal, provincial and federal representatives.

If they don't hear from you, who will they listen to?

# Take it Further

- Visit Environment Hamilton's website ([www.environmenthamilton.org](http://www.environmenthamilton.org)) where you will find a carbon calculator [environmenthamilton.org/tonnes/calculator/index.php](http://environmenthamilton.org/tonnes/calculator/index.php) that provides more ideas about how you can conserve energy and reduce greenhouse gas emissions.
- Have a home energy audit done to fully identify all potential energy savings. You will then be eligible for government grants (up to \$10,000) to cover the costs of implementing the audit's recommendations for your home. To have a home energy audit visit [www.greenventure.ca](http://www.greenventure.ca) or call 1-866-540-8866.

## Learn more from local innovators

- Tour Dave and Cathy Braden's super energy efficient, off-the-grid house in Flamborough. Tours are available for individuals and groups. Contact [beatrice.ekoko@gmail.com](mailto:beatrice.ekoko@gmail.com) or call 905 549 0900 for more details.
- Green Venture offers both individual and group tours of its 'EcoHouse.' Call 905 540 8787 for more details.

## Electronic energy meter program

Borrow one of our electronic energy meters for a week and measure the energy consumption of your plugged-in appliances. We ask for a \$20 deposit that will be given back once the energy meter is returned.

## Remember!

When we are all using a lot of electricity at the same time we create a 'peak demand' period between the hours of 1pm to 10pm. This adds to our electricity costs, is hard on the environment and increases the amount Ontario needs to invest in the power system. Please work to reduce energy use at peak times.

We only have one.  
Let's take care of it ...



	<b>Actions for apartment and condominiums dwellers</b>	I have been doing this	I will start doing this	I have now started doing this	I will do this soon
1	Get support from other building tenants, your condo board or co-op director when approaching your landlord or property owner.				
2	Talk to your property manager/owner and get them involved				
3	Encourage them to have a whole building audit				
4	Ensure that they fix leaking taps. One drop a second of hot water can waste as much as 48 gallons of hot water a week.				
5	Suggest that they close vents to parts of your building, such as basements or storage areas, that don't need to be heated.				
6	Encourage them to look for the EnerGuide and Energy Star symbol when shopping for appliances				
7	Suggest that all building lights be changed to LED				
8	Organize a workshop on energy conservation for the tenants and owner/manager				

For help on organizing tenant action visit the Toronto Environmental Alliance's website where you can access the 6 step Guide to Tenant-led Energy Conservation Action:

<http://www.torontoenvironment.org/>

### Did you know?

30% of home heat is lost through cracks and crevices. Comprehensive draft-proofing can save you up to 10% on your space heating bill.

Putting in a vapour barrier cuts heating costs by 50% or more. A vapour barrier is a layer of polyethylene, supplied in rolls, which is installed to restrict the passage of water vapour and moisture on the inside of external wall panels on the warm side of insulation.

			Plan Week 1		Act Week 2	
	<b>GENERAL</b>	Energy savings (%)*	I have been doing this	I will start doing this	Now started doing this	I will do this soon
1	To keep the heat in during winter, close drapes or blinds each night.	0.5%				
2	To keep the hot air out during summer, close the drapes or blinds for the daylight hours on sunny days.	0.5%				
3	Clean or replace your furnace filter (should be cleaned every 2 months).	0.5%				
4	Wash clothes in cold water	1%				
5	Hang clothes outside to dry. Use clothes rack inside	0.5%				
6	In unused rooms, turn radiators down and keep all air vents and doors closed when your furnace or air conditioner is operating	1%				
7	Clean the condenser coils on the back of your refrigerator	0.5%				
8	Use your dishwasher only when full;select the dry air option	0.5%				
9	Turn off lights, computers, TV when not in use.	0.5%				
10	Close the fireplace damper or air-tight fireplace door after each use	1%				
	Energy Savings Sub-Total					

### Did you Know?

Nearly 20% of the electricity used by electronic equipment is lost while in 'standby' mode. Unplug equipment when it might not be used for a long period of time because most continue to draw power even when they are switched off. Use a power bar.

			PLAN Week 1		ACT Week 2	
	<b>LIGHTING</b>	Energy Savings (0%)	Have been doing this	Will start doing this	Now started doing this	Will do this soon
11	Replace frequently used incandescent light bulbs with compact fluorescent bulbs					
a	Replace 2 bulbs	1%				
b	Replace 4 bulbs	2%				
c	Replace 6 or more bulbs	3%				
12	Replace frequently-used outside lights with motion detecting lights	1%				
13	Install timers for frequently-used outdoor lights	1%				
	<b>Energy Savings Sub-Total</b>					
			PLAN Week 1		ACT Week 2	
	<b>HEATING WATER</b>					
14	Lower hot water tank temperature to 49 C	3%				
15	Insulate water pipes attached to your water tank	1%				
16	Install low flow shower head and faucet aerators	3%				
17	Repair leaky faucets and shower heads	2%				
18	Set your swimming pool heater thermostat back:					
	By 1 C	7%				
	By 2 C	14%				
	By 3 C	20%				
19	Use a solar blanket to cover your swimming pool each night when the pool is warmer than the outside temperature	20%				
	<b>Energy Savings Sub-Total</b>					

			PLAN Week 1		ACT Week 2	
	<b>HEATING AND COOLING</b>	Energy Savings (%)	Have been doing this	Will start doing this	Now started doing this	Will do this soon
20	Set thermostat for heating back:					
a	By 2 degrees C 24 hours a day	6%				
b	By 2 degrees C during the day and 3 at night	8%				
21	Set thermostat for cooling up:					
	2 degrees C higher 24 hours a day	1%				
b	By 4 degrees higher at night only	1%				
22	Use fans in conjunction with your air conditioner	2%				
23	Do draft proofing:					
a	Caulk and weather strip doors and windows	6%				
b	Cover windows and unused doors with plastic sheeting	3%				
c	Install insulating gaskets in electrical outlets and light switches and install child proof plugs in the same outlet	1%				
24	Upgrade attic insulation to R40	5%				
25	Upgrade basement insulation to R-18	10%				
26	Install double glaze low -e argon-filled windows throughout your house	3%				
27	Permanently seal an unused fireplace	3%				
	<b>Energy Savings Sub-Total</b>					
	<b>Total Energy Savings</b>					