



The Reduce the Juice Pledge Options

The Reduce the Juice team is challenging every family to reduce their electricity usage by **5%**. We believe that it is easy for families to save money while doing something right for the environment. Design your own plan with the simple actions below and see how easy it is to cut your electricity bill.

5%	Upgrade an old appliance to an energy star appliance.	2400 Barrels!
<p>Don't keep that old, inefficient refrigerator running in the basement for occasional refreshments. It could cost you \$150 or more per year in electricity. Energy Star products are 10-50% more efficient than standard products! It will be worth looking into an Energy Star appliance after you throw out your old, unused appliance.</p>		
1.5%	Put an insulating jacket on your hot water heater.	675 Barrels!
<p>Wrapping your electric water heater in a special tank blanket can reduce its electricity use. It saves 80% of the heat lost through the wall of the hot water heater. Consider insulating the first meter of piping leading to and from the hot water tank with tape wrap or snap on foam pipe tubing, preventing the escape of heat.</p>		
1.5%	Switch to LED Christmas lights (three strands).	675 Barrels!
<p>LED Christmas lights are ultra-efficient, virtually unbreakable, and long-lasting. A string of 50 miniature indoor/outdoor LED lights draws the same amount of power as 4 regular miniature bulbs. LED lights generate little heat so they are perfect to use on live trees in and outside of your house.</p>		
3%	Change 4 light bulbs to Compact Fluorescent bulbs.	1610 Barrels!
<p>CFL's cost more than regular light bulbs (starting at \$3) but can use 75% less electricity and last years longer. One CFL can save you three times its cost in electricity. For example, four 60 watt bulbs replaced by 15 watt CFLs on in high use lighting areas for 10 hrs a day can save you \$64 a year.</p>		
5%	Install a low flow shower head and an aerator on the kitchen sink.	2400 Barrels!
<p>A low flow shower head can cut hot water use by 50% every time you have a shower without compromising water pressure. This cuts the cost of heating the water by your hot water tank. Cut hot water use in the same way at your kitchen sink by installing an aerator.</p>		

2%	Put your computer and its peripherals on a power bar and switch it off for 11 hours a day.	922.5 Barrels!
Computers and related components use electricity even when they are not in use. Your home office can also draw a phantom load of electricity even when it doesn't appear to be on. You can prevent this by putting it onto a power bar. Remember to turn off your computer power bar when it is not in use, and when you go to bed at night; as you sleep it can sleep too!		
3.5%	Hang your clothes to dry outside for the rest of the summer (2%) and set your washing machine to a cold water rinse (1.5%)	1740 Barrels!
A whopping 85-90% of the energy used to wash your clothes is actually used for heating the water in the hot water heater! Avoiding using your dryer in the summer; it saves electricity, keeps your house cool, and gives you the added bonus of having fresh smelling line dried clothes.		
1%	Turn down your air conditioning by 2 degrees Celsius.	530 Barrels!
In this heat, the demand of your air conditioner is high. For each degree set below 24 degrees your AC uses 3-5% more energy. Try cooling your home to only 24 or 25 degrees. When you leave the house turn your AC off or down to minimize the use of your appliance when you aren't home.		
1%	Turn down the temperature on your hot water tank by 2 degrees.	500 Barrels!
Water heaters are the second largest energy users in the home after heating whether they are powered by gas or electricity. When lowering your hot water heater be sure to keep it higher then 49C because anything lower can begin to breed dangerous bacteria.		



Reducing your electricity usage will reduce your CO₂ emissions helping to create cleaner air and reduce your impact on the environment. One blue barrel can hold 0.4 kg of CO₂. The number of barrels beside each action item tells you how much CO₂ you will stop from entering the

Want to learn more about energy conservation and how to customize your pledge to Reduce the Juice in your home? Please contact us:

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