

# Winter Power Down @home

Name: \_\_\_\_\_

## Be Kind and Unwind

Even our appliances and work equipment could use a break this holiday season. To help you unwind and be kind to our planet this holiday, play BCIT's **Winter Power Down**.

Complete at least five activities in a row, mark them, and submit to [energy@bcit.ca](mailto:energy@bcit.ca) by **December 20** for a chance to win an energy-saving prize!

Install & set up a programmable thermostat

Open south & west blinds on sunny winter days

Switch off lights

Call a friend/relative every day for a week

Close blinds at dusk

Seal drafty windows with plastic film

Make a meal using microwave or toaster oven instead of big oven

Start a new book

Do laundry in cold water for a week

Walk/bike to get groceries

Turn down heat & put on a sweater

\* Take one of BCIT's free virtual fitness classes

Install low-flow showerhead

Add a dry towel to dryer to shorten drying time

Switch off PCs/monitors, power bars

Swap a bulb for LED

Sell/donate an item you don't need

Turn off printers, scanners/copiers

Turn tap off while brushing teeth or shaving

\* Vacuum fridge coils

Go for a walk every day for a week

Look at home utility bills

Shorten your shower by 2 minutes

\* Weatherstrip a window or door

Put electronics & chargers on power bars

## More about the actions you can take

\* Virtual fitness classes: <http://www.bcit.ca/recreation/healthy-at-home/virtual-fitness-classes/>

\* Vacuum fridge coils: <https://loop.bcit.ca/docs/DOC-25966>

\* Weatherstrip: <https://www.nrcan.gc.ca/energy-efficiency/energy-efficiency-homes/how-can-i-make-my-home-more-ener/keeping-heat/keeping-heat-chapter-8-upgrading-windows-and-doors/15643> sections 8.1.6 & 8.2

**BCIT**<sup>TM</sup>