

10 **HOT** WAYS to stay **COOL** this **SUMMER**



Cooling Your Home

1. On hot summer days, close blinds and shades on the east, west and south-facing sides of your home in the morning. This decreases the amount of sunlight coming into your space. Awnings over these windows also work wonders.
2. Should you desire a more natural look, consider planting fast growing hanging plants in troughs above your windows. In spring, these plants will provide shade for your home. In the winter, you can prune them to let sunlight in and the cycle will begin again when warm weather returns.

In the long term, consider planting deciduous trees on the south side of your home. The tree, once large enough, will provide shading (keeping your place cool) and, in the winter, will lose its leaves allowing sunlight in. Contact LEAF (www.leafortonto.org) if you're interested in getting a tree.

3. Make use of (or install) ceiling fans. Ceiling fans are useful because they make you feel cooler by providing a breeze.

On warm days, fans can circulate enough air to keep you comfortable without air conditioning. On hot days you can set your AC thermostat higher and save. Follow the manufacturer's instructions carefully when installing a ceiling fan so that the unit will work most efficiently. Finally, remember that these fans don't cool your space; they only make you feel cooler. So use it only when you're in the room.

4. For those with air conditioning, call a professional for a recharge and tune-up. Ensure that the thermostat is working properly so you don't waste energy. Also, keep your air conditioning condenser shaded from direct heat/sunlight.

5. Vent your home. Once the temperature outside falls two degrees below the temperature inside, open all your windows to let the hot air out and cool air in. Close your windows before the sun comes up the next morning and you'll start your day the right way- with a houseful of cool, fresh air.

Water Use

A large percentage of the City's energy bill goes into pumping and treating water. Here are some ideas for lowering the amount of water you use during the summer:

6. Conserve, conserve, conserve. Order a water conservation kit from the City of Toronto. Find out more by visiting the City's [website](#). You can save up to \$45 per person, per year if you install the full kit. Kits cost \$15 (a \$45 value).

Important note for those outside of Toronto: Many municipalities make these kits available for residents so if you're not in Toronto, contact your local government. For example, if you live in Peel, visit [Water Smart Peel](#) for information on where you can get a kit.

Further reduce your contribution to water savings by only doing full loads when you wash clothes and by fixing leaky faucets, pipes, and especially toilets -- which can account for a third of all indoor water use.

7. Use a tuna can as a gauge when watering your lawn. Stop watering once the can is full. You can also get a rain gauge from many hardware stores or from your city officials.

Getting there...and back

8. The most energy efficient car is the one that is parked! Leave your car at home at least one day per week. Instead, take public transit, carpool, walk or bike to work, school or play. One fully loaded bus takes 40 cars off the road. Leaving the car at home will also save you money while taking a more active route - walking, biking, blading, etc. – will make you healthier.

9. Plan ahead. Travel distances of 1-8 kilometres are considered short trips. Combine your shopping errands into one trip or integrate short trips into your normal commute. Think of all the stress you will avoid!

Appliances

10. Avoid using large appliances in the middle of the day. This helps you avoid the heat created by these appliances at a time when your home is warmest. So defer household chores that require the use of large appliances. For example, do your wash in the early morning or at night.

Staying Cool Resources

- Eneract's smartliving.ca website (more simple energy saving ideas)
- City of Toronto's [water efficiency kits](#)
- Region of Peel's [Water Smart Website](#)
- [LEAF](#) (Local Enhancement & Appreciation of Forests)

About Eneract

Eneract is a registered charity that delivers innovative solutions to environmental problems and builds capacity in communities to work towards a sustainable future.

Our core goal is to promote the aggressive implementation of energy efficiency and renewable energy in order to address the urgent problems of global climate change and urban smog. Our approach is one that acknowledges the links that exist between a healthy environment, a vibrant community and a strong economy.

Vision : a 100% renewable energy base for Toronto by 2025

Mission : to act as a catalyst and implementer of a sustainable energy future for the Toronto area

Eneract has over 17 years of experience in designing, managing and implementing innovative sustainable programs that demonstrate environmental best practices to the people of Ontario.

<http://www.eneract.org>

