

# Homeowners' Energy Efficiency Checklist

## Simple Checklist to Save Power & Lower Bills

As a homeowner, investing in efficiency adds value to your property and pays back over time. Many upgrades (insulation, heat pumps, etc.) come with rebates or zero-interest loans to reduce upfront costs. By checking off this list, you'll save money each year, enjoy a cozier home, and do your part to cut down on greenhouse gas emissions!

### Windows & Doors

- ☐ Add plastic film to old windows in winter  
Cost: ~\$20/window | Save: ~50% heat loss per window
- ☐ Replace weatherstripping on drafty doors and windows  
Cost: ~\$10 each | Save: ~\$20–\$50/year
- ☐ Plan future upgrade to ENERGY STAR windows if budget allows (aim for R-5-7 or higher)

### Thermostats

- ☐ Install a programmable or smart thermostat  
Cost: ~\$100 (often ~\$50 with rebate) | Save: ~10% on heating
- ☐ Set to ~17°C overnight/away, ~20°C when home
- ☐ Lower the heat in unused rooms and close doors
  - No cost | Save: 5–10% on heating (~\$50–\$100/year)

### Heating System (Furnace/Boiler)

- ☐ Get the furnace or boiler professionally cleaned every 1–2 years  
Cost: ~\$100–\$150 | Benefit: Restores efficiency, ensures safety
- ☐ Replace furnace filters every 2–3 months in heating season  
Cost: ~\$10–\$20 | Benefit: Better airflow, less energy use
- ☐ Ensure your heating sources (baseboard heater, heat pump, etc.) are not being blocked  
-This would trap proper heat flow

### Attic & Basement Insulation

- ☐ Check attic insulation level – add more if joists are visible  
Cost: ~\$1,000+ | Save: ~15% on heating/cooling
- ☐ Add insulation to basement rim joists or walls (foam board/batt)  
Cost: ~\$200–\$500 DIY | Benefit: Warmer floors, lower bills

### Whole-House Air Sealing

- ☐ Feel for drafts around windows, doors, attic hatches, and wiring holes
- ☐ Seal cracks with caulk or foam, and weatherstrip movable joints  
Cost: <\$50 | Save: 10–20% on heating

Use **Gaps and Cracks foam** to seal around pipes, wiring, vents, and rim joists  
**Cost:** ~\$10/can | **Benefit:** Airtight, water-resistant, long-lasting seal  
*Ideal for small gaps (up to 1 inch) in basements, attics, and utility areas. Minimal expansion prevents overflow.*

### Heat Pump Upgrades

- ☐ Upgrade from oil or baseboards to a cold-climate heat pump  
Cost: ~\$3,000–\$5,000 installed | Save: Up to 50% on heating
- ☐ Use your heat pump as the primary heat source
- ☐ Clean filters, keep the outdoor unit snow-free

### Water Heating

- ☐ Set the water heater to 49–60°C
- ☐ Add a tank blanket to older electric units  
Cost: ~\$30 | Save: ~\$20–\$45/year
- ☐ Insulate the first 6 feet of the hot water pipe  
Cost: ~\$5–\$10 | Benefit: Retains heat longer
- ☐ Install low-flow showerheads and aerators  
Cost: ~\$10–\$30 each | Save: ~\$50–\$100/year

### Appliances & Laundry

- ☐ Replace old fridge, washer, or freezer with ENERGY STAR models
- ☐ Run only full loads, wash with cold water, and air-dry when possible
- ☐ Clean fridge coils, check dryer vents

### Habits & Small Fixes

- ☐ Run ceiling fans clockwise in winter on low speed to push warm air down from the ceiling, counterclockwise in summer
- ☐ Close the fireplace damper when not in use
- ☐ Use curtains to trap heat in the winter and block heat in summer
- ☐ Monitor NB Power bills online to track savings
- ☐ Put down area rugs on hardwood or tile floors for insulation and comfort

### Get Rebates & Free Upgrades

- ☐ Free upgrades: NB Power Enhanced Energy Savings Program (for eligible incomes)
- ☐ Rebates: Total Home Energy Savings Program (requires home energy audit)
- ☐ Federal: Greener Homes Loan (up to \$40,000 interest-free)
- ☐ Seasonal in-store rebates: Smart thermostats, LEDs, low-flow fixtures

### Start at [SaveEnergyNB.ca](https://SaveEnergyNB.ca)

- ☐ Get info, apply for programs, and book energy audits.