

HOUSING AND WELLNESS PROGRAM

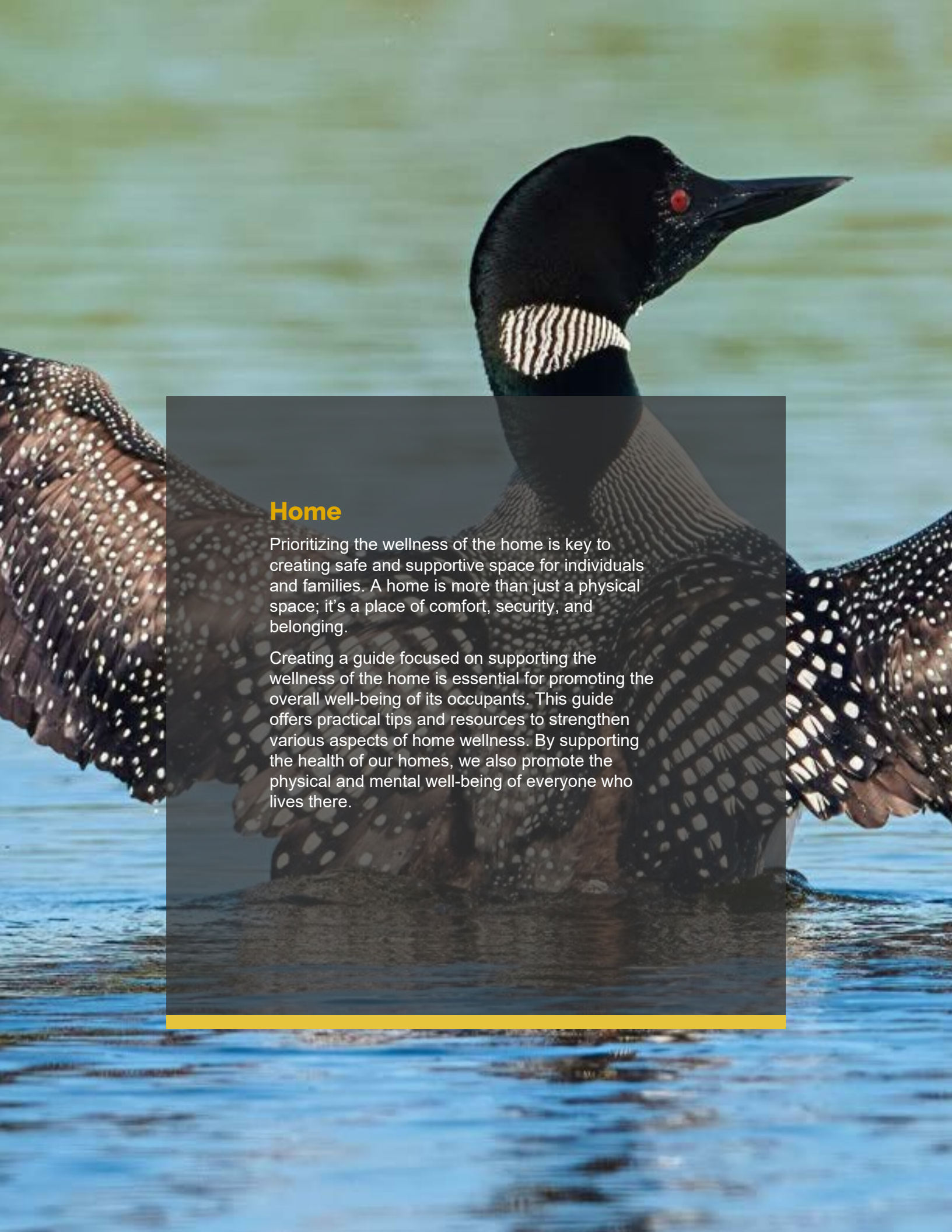
A Comprehensive Wellness Guide for **Healthy Homes**

ENERGY EFFICIENCY



First Nations Housing
Professionals Association

L'Association des professionnels de
l'habitation des Premières Nations



Home

Prioritizing the wellness of the home is key to creating safe and supportive space for individuals and families. A home is more than just a physical space; it's a place of comfort, security, and belonging.

Creating a guide focused on supporting the wellness of the home is essential for promoting the overall well-being of its occupants. This guide offers practical tips and resources to strengthen various aspects of home wellness. By supporting the health of our homes, we also promote the physical and mental well-being of everyone who lives there.

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Acknowledgement

The **First Nations Housing Professionals Association (FNHPA)** is delighted to introduce the Housing and Wellness Program, aimed at offering crucial information and guidance to First Nations individuals residing on reserve or engaged in housing-related roles. This initiative delivers educational programs, tools, and resources tailored for First Nations housing staff, residents, and youth. Through the implementation of this program, our aim is to address housing, health, and safety concerns holistically.



ENERGY EFFICIENCY

Energy efficiency means using less energy while still keeping your home comfortable and working well. It includes making simple choices to reduce energy waste, such as using efficient appliances, improving insulation, and building everyday habits that save energy.

Using energy more efficiently is important for several reasons:

Environmental impact

Reduces the need for fossil fuels, lowers greenhouse gas emissions, and helps protect the environment.

Cost savings

Energy-efficient homes often have lower utility bills. Upgrading appliances, lighting, and insulation can lead to long-term savings.

Energy security

Reduces reliance on imported energy and helps your home stay more resilient during supply disruptions.

Comfort and health

Helps maintain better indoor air quality, temperature, and humidity, making your home healthier and more comfortable.

Social responsibility

Supports sustainability and helps create a better future for the next generations.

Disclaimer: This guide provides general information intended to support home wellness, safety, and well-being. Each First Nation may have its own housing policies, programs, bylaws, and community guidelines. Please refer to local policies and community resources for the specific rules, responsibilities, and supports that apply to your home.

Energy Efficiency Tips

Here are some simple ways to save energy at home:

Insulation

Make sure your home is properly insulated to keep heat in during winter and out during summer.

Seal air leaks

Seal gaps and cracks around windows and doors to reduce drafts and prevent energy loss.

Lighting

Switch to LED or CFL bulbs, which use less energy and last longer.

Natural ventilation

Open windows when weather allows to bring in fresh air and reduce the need for cooling.

Reduce standby power

Unplug devices or use power strips to prevent energy use when electronics are not in use.

HVAC maintenance

Clean or replace filters regularly and schedule routine maintenance to keep systems running efficiently.

Thermostat settings

Use energy-saving temperature settings and consider a programmable or smart thermostat.

Renewable energy

Explore options such as solar or small-scale renewable energy systems where possible.

Water efficiency

Fix leaks, install low-flow fixtures, and choose water-efficient appliances.

Proper use

Follow manufacturer instructions and keep appliances clean to help them run efficiently.

Shared learning

Learn about energy-saving practices and share tips with others in your household or community.

Eco modes

Use energy-saving settings on appliances like dishwashers, washing machines, and water heaters when available.



Lighting Efficiency Tips

Use LED bulbs

Replace incandescent bulbs with energy-saving LEDs, as they use less power and last longer.

Use dimmer switches

Install dimmer switches to adjust brightness and help extend bulb life.

Turn off lights

Make it a habit to turn off lights when leaving a room or when they are not needed.

Maximize natural light

Open blinds or curtains during the day to reduce the need for artificial lighting.

Use task lighting

Light only the area you are using, such as a desk lamp for reading or working.

Install motion sensors or timers

Use motion sensors or timers in areas like hallways or outdoors to prevent lights from staying on unnecessarily.

Regularly clean light fixtures

Dust and dirt can reduce light output, so clean fixtures regularly to maintain efficiency.

Use energy-efficient outdoor lighting

Choose LED or solar-powered lights for outdoor spaces like walkways and patios.

Water Conservation

Water conservation means using water wisely and avoiding unnecessary waste. Simple changes in daily habits and small upgrades in your home can help reduce water use while still meeting your everyday needs. Conserving water helps protect local water sources, reduces strain on community systems, and can lower utility costs.

Water Conservation Tips

Fix leaks promptly

Check taps, toilets, and pipes regularly, and repair or report leaks as soon as they are noticed.

Water-efficient fixtures

Install low-flow showerheads, faucets, or toilets where possible to reduce water use without sacrificing performance.

Shorter showers

Limit shower time and use water-saving showerheads to reduce water consumption.

Use full loads for laundry and dishwashing

Running washing machines or dishwashers only when full helps conserve both water and energy.

Turn off the tap

Avoid letting water run while brushing teeth, shaving, or washing dishes. Use a basin to rinse fruits and vegetables.

Reuse water

Collect rinse water or cooled cooking water for plants or other appropriate uses.

Shared habits

Encourage others in your household to adopt water-saving practices.



Energy Efficiency Tips – Kitchen

Energy-efficient appliances

Choose ENERGY STAR® certified appliances where possible to reduce energy use.

Microwave or toaster oven

Use a microwave or toaster oven for small meals or reheating, as they use less energy than a full-size oven.

Cook with lids

Keep lids on pots and pans to trap heat, cook food faster, and reduce energy use.

Refrigerator settings

Set the fridge to 35–38°F (1.7 - 3.3°C) and the freezer to 0°F (-18°C) to keep food safe while using energy efficiently.

Door seals

Make sure refrigerator and freezer doors seal tightly to prevent cold air loss.

Dishwasher use

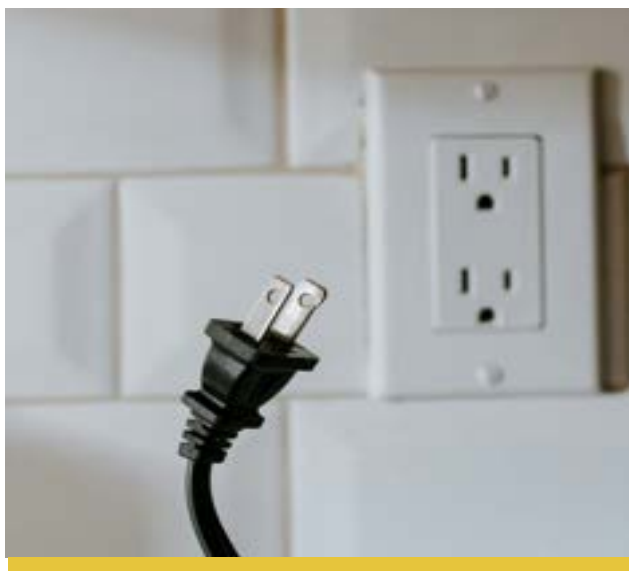
Run full loads whenever possible to save water and energy.

Fridge placement

Keep refrigerators away from ovens, stoves, and heat vents so they do not work harder to stay cool.

Efficient oven use

Cook multiple dishes at once and avoid opening the oven door unnecessarily.



Right-sized cookware

Match pot and pan sizes to burners to avoid wasted heat.

Appliance cleaning

Clean appliances like ovens and stovetops regularly to keep them running efficiently.

Air-dry dishes

Use the air-dry setting or let dishes air-dry instead of using the heat-dry setting.

Seal drafts

Seal gaps around kitchen windows and doors with weather stripping or caulking to reduce heat loss.

Turn off and unplug

Unplug small appliances when not in use to reduce standby energy use.

Energy Efficiency Tips – Bathroom

Low-flow fixtures

Install low-flow showerheads, faucets, or toilets where possible to reduce water use without sacrificing performance.

Fix leaks promptly

Check taps, toilets, and pipes regularly, and repair or report leaks as soon as they are noticed.

Cold water habits

Use cold water for brushing teeth and turn off the tap while brushing.

Shorter showers

Limit shower time and use water-saving showerheads to reduce water and energy use.

Insulate hot water pipes

Insulate pipes to reduce heat loss and deliver hot water more quickly.

Fan timers

Install a timer or motion sensor on bathroom fans so they turn off automatically when not needed.

Turn off when not in use

Switch off lights, fans, and other electrical items when the bathroom is not in use.

Energy Efficiency Tips – Laundry Room

Cold water washing

Wash clothes in cold water to reduce energy used for heating without affecting cleanliness for most loads.

Energy-efficient appliances

When upgrading, choose ENERGY STAR® certified washers and dryers to reduce water and energy use.

Full loads

Run full loads whenever possible to improve efficiency and reduce the number of wash and dry cycles.

Air drying

Use a drying rack or clothesline indoors or outdoors to reduce dryer use and save energy.

Lint filter cleaning

Clean the dryer lint filter before every load to improve airflow and reduce drying time.

Dryer settings

Use moisture sensor or auto-dry settings to prevent over-drying and save energy.

Proper ventilation

Make sure the dryer is vented outdoors and that vents are clean and unobstructed to improve efficiency and reduce fire risk.

Off-peak use

If available, run laundry during off-peak hours to help lower electricity costs.

Regular maintenance

Follow manufacturer guidelines to keep washers and dryers running efficiently.

Energy Efficiency Tips – Garage

Insulation

Insulate garage walls, ceilings, and doors to help maintain stable temperatures and reduce energy loss to nearby living spaces.

Seal air leaks

Use weather stripping, caulking, or foam sealant to close gaps around doors, windows, and wall edges.

Motion-activated lights

Install motion-activated lighting so lights are only on when the garage is in use.

Proper ventilation

Use vents or exhaust fans to manage humidity, improve air quality, and reduce the risk of mould and mildew.

Active transportation

Choose walking or biking for short trips when possible to reduce fuel use and overall energy consumption.





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