



Media Release

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Falling in Love with Energy Efficiency

(GUELPH, ON) February 10, 2012 –Guelph Hydro Electric Systems Inc. encourages customers to turn on the romance while turning down energy consumption on Valentine’s Day.

- On Valentine’s Day, get out of the kitchen! Prepare supper in a slow cooker and spend the time you would normally spend cooking cuddling instead. Slow cookers can use up to three times less energy than the same meal cooked on your stove or in your oven.
- Candlelight is perfect for turning up the heat while reducing energy! Switch off the lights and light some candles for a boost of romantic energy.
- Compose a play list of your partner’s favourite songs and play it softly throughout the evening. If you’re listening on your laptop, remember to turn the screen off so you don’t waste electricity.
- Turn the thermostat down by a degree or two and snuggle up under a blanket. Keep the television off for even more energy savings.
- Instead of buying gifts, why not make pledges to each other to reduce your household energy consumption? Pledges can be anything from promising to turn off your computer when not in use or to replace all your incandescent light bulbs with compact fluorescent lights. Or make a grand gesture to demonstrate your commitment by volunteering to insulate the attic!

There are lots of ways you can save energy. For more ideas on conserving energy this month and all year round, visit www.guelphhydro.com

About Guelph Hydro Electric Systems Inc.

Guelph Hydro Electric Systems Inc. delivers a safe and reliable supply of electricity to approximately 50,000 residential, commercial and industrial customers in Guelph and Rockwood. The company is owned by Guelph Hydro Inc. which was named Large Company of the Year for 2011 by the Ontario Energy Association and is actively developing sustainable energy projects as a key implementer of the City of Guelph’s Community Energy Initiative.

For more information, visit: www.guelphhydro.com.