

How much is a kilowatt-hour?

Electricity helps us perform everyday tasks such as cooling our homes and cooking meals. Here's a quick guide to what one kilowatt-hour of electricity will do for you:

The IESO balances the supply of and demand for electricity in Ontario and then directs its flow across the province's transmission lines.

Brew 90 cups of coffee



Iron 11 shirts



Surf the web for five hours



Blow dry your hair three times



Bake one birthday cake



The typical Ontario household uses between 800 and 1000 kWh a month, often more in the summer when air conditioners are running. You can see changes in the province's demand for electricity throughout the day at the IESO web site at www.ieso.ca/demand

THE SMALL PRINT: Electricity consumption varies by appliance model and use. You can use a plug-in energy meter to find out exactly how much energy your appliances use.