Time of Day winter checklist

Simply shift energy use away from 5 - 9 p.m. weekdays to save with Time of Day.*

Start at the top of this list and work your way down. All the things you do to shift and reduce your energy use add up fast! Don't forget to ask everyone at home to join in. Now you've got that Oregon kind of energy.

1. APPLIANCES

Find the right balance of keeping your home comfortable while reducing your energy use from 5-9 p.m. weekdays.

☐ Washing machines, dryers and dishwashers all use a lot of energy. Try shifting your use away from 5-9 p.m. weekdays

☐ Plan to wash and dry your laundry on weekends or before 5 p.m. or after 9 p.m. M-F.

☐ Do your dishes outside the 5-9 p.m. weekday peak hours.

☐ Take showers or baths outside the 5-9 p.m. weekday peak hours.

2. OVEN AND STOVE

☐ Try creative alternatives to using your oven or stove during on-peak hours if possible.

☐ Weekends are the lowest prices all day - cook to your heart's content!

☐ Use a slow cooker, pressure cooker or air fryer to make a healthy, hot meal.

3. HEATING

☐ If you have electric heat, try turning your thermostat down a few degrees* from 5-9 p.m. M-F. If you don't have electric heat, no need to adjust your thermostat during these times.

☐ Find the right balance of keeping your home comfortable while reducing your use of energy from 5-9 p.m. M-F.

☐ Limit your use of vent fans in the bathroom and kitchen to keep warmer air inside.

4. ELECTRONICS

☐ TVs, gaming consoles, cable boxes, DVD players, computers and phone chargers all use energy, even when you're not using them.

☐ Try charging your cellphones, tablets and laptops before 5 p.m. weekdays and unplug them until after 9 p.m. M-F.

☐ Unplug any entertainment electronics you won't be using during peak hours, like gaming consoles or DVD players.

WANT TO LEARN MORE?

Find other savings tips and learn more about Time of Day at **portlandgeneral.com/timeofday**

PGE