

# Home Cookin'

*Energy-savings tips  
for the holiday season*

## Free Low-flow Showerhead and CFL Lighting Offer

Efficient water and energy use is good for the environment—and the pocketbook.

Northern Wasco County PUD wants to help.

The PUD is offering adjustable high-efficiency, low-flow showerheads to customers who heat their water with an electric water heater. This \$20 value includes a free 28-watt compact fluorescent light (CFL).

To take advantage of this free offer, stop by the PUD office and fill out an application. This offer is good while supplies last. ■



The winter holidays are a time for gathering with friends and family and for sharing culinary delights. Whether you are cooking up a traditional family favorite or trying a new recipe this holiday season, your stove, oven and refrigerator will use a large share of your family's energy budget.

Consider these tips to help increase energy efficiency in your kitchen through the holidays and on into the New Year :

### Cooking It

While it is tempting to open the oven door to take a peak at the goodies inside, turn on the oven light and look through the window instead. Each time you open the door, the temperature can drop 25 degrees.

Unless you are baking bread, cakes or other pastries, you do not need to preheat your oven—even if the recipe suggests it. When cooking those long, slow-cooked items like the holiday turkey or ham, simply turn on the oven when you place them inside.

While the oven is hot, cook several items at the same time. Just make sure that you leave enough room for the heat to circulate around each casserole or side dish.

When using an electric oven, turn the heat off several minutes before the food is fully cooked. With the oven door closed, enough heat will be stored inside to finish cooking your meal. The metal heating elements on an electric range top also stay hot even after the electricity is turned off.

Turn the oven temperature down 25 degrees when using glass or ceramic pans and foods will cook just as quickly.

Self-cleaning ovens use less energy for normal cooking because of their higher insulation levels. Consider using the self-cleaning feature immediately after using your oven, to take advantage of the residual heat.

When using the stove, match the size of the pot to the size of the heating element. A six-inch pot on an eight-inch burner will waste 40 percent of the energy the burner uses.

Use lids on pots or pans while cooking. Food cooks faster when it is covered and you use less energy.

Clean burners and reflectors save energy and provide better heating, time for new reflectors? Buy quality. The best on the market can save as much as one-third of the energy used when cooking on top of the stove.

When cooking yams, steaming vegetables or reheating small portions of leftovers, try using the microwave. It uses about 50 percent less energy than conventional ovens and does not heat up the kitchen.

### Keeping Cool

Refrigerators and freezers also get a workout over the holidays. While newer refrigerators are more energy efficient than older ones, they remain one of the largest energy consumers in your house accounting for as much as 15 percent of your home's total energy usage.

Keep your refrigerator temperature between 36 and 40 degrees—if it is set colder than that, it burns more energy. The freezer should be set between zero and five degrees.

Remember to keep both the doors to the fridge and the freezer closed as much as possible. However, leaving the door open for a longer period of time while you take out the items you need is more efficient than opening and closing it several times.

It is easy to keep your refrigerator and freezer full at Thanksgiving. It is also energy efficient. The mass of cold items inside will help your refrigerator recover each time the door is opened. Do not cram it so full, however, that cool air cannot circulate properly around your food.

A refrigerator is very sensitive to the room temperature around it so provide adequate ventilation in your kitchen.

Vacuum or brush freezer and refrigerator coils regularly. Clean coils can improve the appliance's efficiency by as much as 30 percent.

## Bragging Rights:

# Announcing NWCPUD's New Arrival

Northern Wasco County PUD welcomes our newest employee Lance Kublick who began working as an energy specialist assistant in September.

Lance helps manage the utility's Appliance Rebate Program which offers customers money back on the purchase of approved refrigerators, clothes washers, dishwashers and water heaters. He also assists with home energy audits and inspections.

"I really like how well the people here communicate," Lance says of his coworkers. "They always seem to be ready to jump in and get the job done."

Lance grew up in Portland and has made The Dalles his home for the past 15 years. Prior to coming to work for the PUD, he worked installing satellite TVs.

For more information about the PUD's appliance rebate program, go to [www.nwasco.com/appliance-rebates.cfm](http://www.nwasco.com/appliance-rebates.cfm) or call Lance at 296-2226.



**Lance Kublick,**  
Energy Specialist Assistant

## Cleaning Up

A load of dishes cleaned in a dishwasher requires 37 percent less water than washing dishes by hand. Yet when you fill wash and rinse basins instead of letting the water run, you will use half as much water as a dishwasher would.

When using the dishwasher, wash full loads only. If you must rinse your dishes before loading them, use cold water.

Avoid using the "rinse hold" setting on your dishwasher. This feature uses three to seven more gallons of hot water for each use.

Never use "rinse hold" for just a few dirty dishes. Instead, consider hand washing them.

Use the short wash cycle for everything but the dirtiest of dishes. It uses less energy and works just as well.

Try the air-dry setting or turn off the appliance after its final rinse and open the door. The dishes will dry slowly, but the savings can add up to ten percent of your dishwashing energy costs. ■

## Wreath Raffle To Benefit Neighbors in Need

NWCPUD employees and their families have been busy creating holiday wreaths for a raffle to benefit the utility's Neighbor to Neighbor program.

The creations—which include those for autumn, Thanksgiving, Christmas and year-round decorating—are on display in the PUD lobby.

Raffle tickets can be purchased at the PUD office for \$1 or five for \$5. Customers may choose which wreath they would like to bid on.

All of the money raised goes directly to the Neighbor to Neighbor program to assist PUD customers who are having trouble paying their power bills because of health or employment problems. The funds help families on an emergency, one-time-per-heating-season basis.

Last year's event raised about \$370.

For more information, call 296-2226 or stop by our office at 2345 River Road. ■

# NORTHERN WASCO COUNTY PUD

Visit our Web site at:  
[www.nwasco.com](http://www.nwasco.com)

## COMMUNITY CALENDAR

### November 7

#### Art Auction.

The Dalles Art Association's 52nd annual event, 6 p.m., The Dalles Civic Auditorium.

### November 11

#### Veteran's Day Parade.

11 a.m., downtown The Dalles  
For more information, call 296-2231.

### November 24

#### Northern Wasco County PUD Board Meeting.

6 p.m., 2345 River Rd., The Dalles.

### November 27

#### Starlight Parade.

Parade of lighted floats kick off the holiday season followed by chili and hot chocolate, entertainment and Santa. Parade through downtown The Dalles begins at dusk.

### November 27-29

#### Open House.

Wineries of the Columbia River Gorge Thanksgiving Weekend Open House.

For information, call 1-866-413-WINE or go to [www.columbiagorgewine.com](http://www.columbiagorgewine.com).

*Nonprofit community organizations are encouraged to promote events and activities that support, nurture and enhance the quality of life in communities served by Northern Wasco County PUD.*

*To list an item in the community calendar, please call 298-3302.*