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Enjoy a Tasty Fall Recipe for the Slow-Cooker



**Cooking Up Savings**

Idaho Power customers Travis and Sharis Schaat of Meridian are pledging to save energy by using the grill or slow-cooker at least once per week.

## Pledging to Make a Difference

**Idaho Power customers commit to use energy wisely by participating in the Smart-saver Pledge.**

Idaho Power customers enjoy some of the lowest rates in the country, but energy efficiency remains a top-of-mind topic. In the news, within our communities and across social media, people are talking about ways to use energy wisely, save money and preserve resources.

Idaho Power is committed to building more energy-efficient communities, with programs in place to help customers save

energy and money through education, awareness and incentives for efficient products and services. But everyday changes can save energy, too!

Last fall, Idaho Power introduced the Smart-saver Pledge, inviting all Idaho residential customers to commit to at least one of five energy-saving actions. Hundreds participated and, this fall, the pledge is back. This issue of *Connections* outlines the savings initiatives in the 2017 pledge — and highlights customers who experienced a first-hand difference by participating last year.

**Wash clothes in cold water**

Up to half of the energy used by washing machines goes to heating water. By switching to cold water, customers could save as much as \$32 per year (based on washing five loads per week).

Smart-saver Pledge participants will also be entered to win an ENERGY STAR® electric appliance. Last year's winner, Seth Gates of Hailey, chose an energy-efficient washer and dryer set.

"It's been fantastic," Gates said. "We redid our laundry room around the new

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# News Feed

## Fridge and Freezer Recycling Program Ends Dec. 31



Idaho Power's Fridge and Freezer Recycling Program is ending in Idaho on Dec. 31, 2017. Idaho Power will file a request with the Public Utility Commission of Oregon to end the program in Oregon's service area, effective Dec. 31.

Idaho Power regularly evaluates the cost-effectiveness of the energy savings and incentives associated with our energy efficiency programs.

Our goal is to offer programs that provide beneficial energy savings to help save money and increase comfort. Recent evaluations have shown this program is no longer cost-effective.

Schedule your pickup before Dec. 31 to have Idaho Power's program partner, Appliance Recycling Centers of America, pick up your old, extra refrigerator or freezer (must be in working condition) and recycle it for free. In return, you can save up to \$100 a year on energy costs and receive two free LED light bulbs.

Go to our website to schedule a free pickup or call 1-800-253-5618.

[idahopower.com/recycle](http://idahopower.com/recycle)

## Programs to Help You Save

The Smart-saver Pledge is just one of the ways Idaho Power promotes wise energy use. The company also offers a variety of incentives, programs and tools to help customers save energy and money. Check out a list of our residential programs in the chart to the right. For additional details, visit our website.

[idahopower.com/save](http://idahopower.com/save)

## Making a Difference *(continued from page 1)*

machines, we switched out all of our incandescent lighting in the house and our electric bill has gone down quite a bit."

In addition to washing in cold water, customers can minimize their energy use by washing only full loads and using the proper cycle to avoid over-washing.

### Register for myAccount and review energy use once per week

A big part of energy efficiency is awareness. Through Idaho Power's myAccount portal, customers can review their daily use to see where their energy is going and look at potential areas of savings.

"My wife and I definitely use [myAccount] a lot," said pledge participant Stan Swanson of Eagle. "It's great for keeping track of what we are using compared to last year. So, we enjoy it, and it's been very helpful to us."

You too can join the 169,000 Idaho Power customers already enjoying the benefits of myAccount. It's free and easy to do — visit our website to register.

### Use a slow-cooker or BBQ once per week instead of the stove or oven

There is more than one way to prepare a delicious home-cooked meal. By cooking at least once per week in the crockpot or on the BBQ, customers can conserve

## Which Program is Right for Your Home?

	COST			WHAT'S INCLUDED				
	Free	Reduced Price	Money Back	Windows	Insulation	Duct Sealing	Air Sealing	Appliances
A/C Cool Credit			•					
Appliances/Lighting/Showerheads		•						
Energy House Calls	•					•		
Energy-saving Kits	•							
Fridge & Freezer Recycling Program	•							•
Heating & Cooling Efficiency Program			•					
Home Energy Audit		•						
Multi family Energy Savings Program	•							
Oregon Home Audit & Weatherization			•	•	•			
Rebate Advantage			•	•	•	•	•	•
Shade Tree Project †	•							
Weatherization Assistance <small>for Qualified Customers</small>	•			•	•	•	•	•
Weatherization Solutions <small>for Eligible Customers</small>	•			•	•	•	•	•

\*May need landlord permission to participate.

†Limited geographic locations.

Program terms and conditions are subject to change. Some

energy while adding flavorful variety to the menu. It also helps keep extra heat out of the house during the summer months.

"I don't run my A/C unless I absolutely have to, and I do notice a big difference when I do my cooking outside," said pledge participant Karen Wyatt of Murtaugh, Idaho. "And food tastes better on the grill. I think it's a healthier way to eat."

Check out a great fall slow-cooker recipe on page 4.

### Clean fridge condenser coils

Cleaning behind the fridge is a dreaded and often overlooked chore — out of sight, out of mind, right? But those dust bunnies

could be costing you. Dirty coils mean less efficiency for your refrigerator, so keep them clean to maximize your energy. Ensuring tight seals, keeping the fridge full (but not overcrowded) and setting the temperature between 38 and 40 degrees will also help keep your fridge running at maximum efficiency.

### Use smart power strips

The average home has more than two dozen devices plugged in. Clusters of electronics found in offices and entertainment centers can be tricky to unplug, but leaving them on all the time uses lots of standby energy. A smart power strip makes it easy to control groups of appliances — and it also cuts back on spooky "phantom load" (read more at right).

### Take the pledge!

The 2017 Smart-saver Pledge starts now! To participate, simply fill out the insert included in this month's bill. Send it back to us to enter the prize drawing. You can also participate by responding to our pledge posts on social media or entering online at [idahopower.com/smartsaver](http://idahopower.com/smartsaver). With just a few simple behaviors, you and your household can save energy like 2016 pledger Maria Halberstadt of Boise.

"We really appreciated the reminder about the importance of energy efficiency," Halberstadt said. "Sure, it saves a little cash in your pocket, but more importantly, it conserves energy for future generations."

[▶ idahopower.com/save](http://idahopower.com/save)

PLUGGED?			ARE YOU ELIGIBLE?						
Lighting	Heating & Cooling	Showerheads	Idaho	Oregon	Electric Heat Required	Income Requirements	Manufactured Homes	Site-built Homes	Renters
	•		•	•			•	•	*
•		•	•	•			•	•	•
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•	•	•	•	•	•	•	•	•	*
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Some restrictions apply. For current offerings, visit [idahopower.com/save](http://idahopower.com/save).

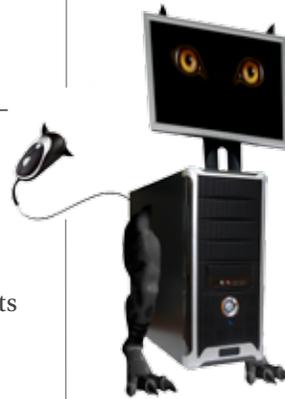
## Watch out for Phantoms, Ghosts and Vampires!

**Monitor standby energy use to avoid spooky "phantom load" in your home.**



Did you know that many electronics draw power even when they aren't in use? The electricity used when these devices are in standby mode is often referred to as phantom, ghost or vampire load. Don't let it catch you off-guard this Halloween! Here are some examples of phantom load:

**Personal Computer:** The average desktop computer uses about 74 watts while in idle mode, compared to 21 in sleep mode and three when powered off. Beware — screen savers can consume as much energy as active computer use.



Laptop computers require between 29 and 44 watts while in use, about 16 watts in sleep mode and nine watts when plugged in but powered off.

**Video Game Console:** Video game systems use nearly as much energy in idle mode (23 watts) as they do in active play mode (27 watts). It's a good idea to turn them off when you're not playing; game systems only use one watt while powered off.

**DVD Player:** DVD players — which often remain on between uses — consume virtually the same amount of energy whether they are playing a disc or not (8-10 watts). When powered off, they use less than two watts.



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## Phantom Load

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What can we do to reduce phantom load? **Here are some strategies:**

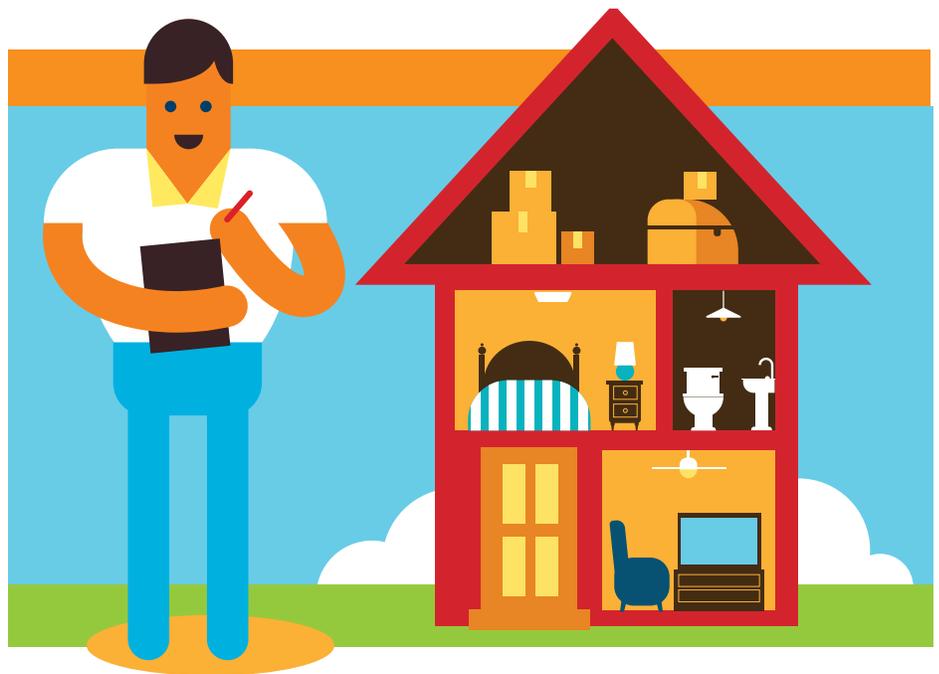
- Unplug devices that aren't frequently used. Avoid unplugging devices you do use regularly — this can lead to frayed cords.
- Use a smart power strip to control groups of computer or video equipment.
- Buy ENERGY STAR® products, which have lower standby usage.
- Borrow a Kill A Watt™ meter from your local library and measure the standby use of devices in your home. You may be surprised at the phantoms living under your own roof!

Considering many homes have more than two dozen electronic devices plugged in at a given time, phantom load can add up on your monthly energy bill.

By making informed choices and monitoring standby use, you can increase your energy efficiency and avoid racking up spooky charges.

*\*Standby power stats and info courtesy of Lawrence Berkeley National Laboratory (standby.lbl.gov)*

▶ [idahopower.com/tips](http://idahopower.com/tips)



# You have the Power to Save

energy and money.

Don't know where to start? Get a professional Home Energy Audit for a discounted rate to pinpoint ways to boost comfort and reduce energy bills.

Live comfortably.  
Save money. **Start now!**

[idahopower.com/save](http://idahopower.com/save)



## From The Electric Kitchen

October 2017

### Slow-Cooker Baked Apples

#### Dessert

4 large apples	2 Tbsp real maple syrup
2 Tbsp quick oats	1 Tbsp brown sugar
¼ cup chopped walnuts	1 tsp cinnamon
3 Tbsp raisins	¼ tsp allspice
2 Tbsp butter or plant-based spread	½ cup apple juice (or water)

Spray slow cooker with cooking spray. Core apples using melon baller or sharp knife, leaving ¼" to ½" at the bottom. Mix remaining ingredients except for apple juice in a small bowl. Spoon into each apple, packing gently (it's okay if it overflows a little). Place apples in slow cooker. Pour apple juice around apples. Cook on low for 2–3 hours, adding juice as necessary.

#### Dietary information per serving:

Calories: **270**  
 Fat: **10.5g**  
 Carbohydrates: **49g**  
 Protein: **2g**  
 Sodium: **52mg**  
 Potassium: **282mg**  
 Fiber: **6.5g**  
 Cholesterol: **0mg**

**Connections** is published monthly to inform our customers about services we provide, programs we offer and industry issues impacting our service area in southern Idaho and eastern Oregon. Our goal is to engage and inspire you to learn more about Idaho Power and how we are working together to meet your energy needs today and tomorrow.

Comments or questions are welcome at [idahopower.com/contactus](http://idahopower.com/contactus) or Corporate Communications P.O. Box 70, Boise, ID 83707



*Recipes are selected for nutritional value and low energy use in preparation. They are approved by Registered Dietitian Erin Green from the Central District Health Department in Boise, Idaho.*