



Energy-saving (re)Solutions for the New Year

The new year means new resolutions, a time to commit (or recommit) to good habits for the year ahead. Have you considered a commitment to saving energy? Some simple energy-saving habits could add up to nice savings throughout the year. And with cold weather settling in, it's a good time to think about how you can save energy this winter and continue those efforts throughout 2022.

Use My Account to Manage Your Account and Your Energy Use

Knowing how you use energy at home is a great way to identify areas for savings. Log in at my.idahopower.com and click the Usage tab to view hourly, daily and monthly usage trends, as well as access the Energy Savings Center. The Energy Savings Center can be customized to identify specific areas of savings for your home. The new year is also a great time to ensure you're enrolled in Idaho Power programs

designed to help you manage your account. While you're in My Account, sign up for time-saving programs like paperless billing and Auto Pay, as well as our popular outage text alerts. Text alerts help keep you informed when an outage impacts your home or business. Watch for an improved My Account experience later this month!

Adjust Your Thermostat

Make minor thermostat adjustments each season to save energy and money all year. Smart thermostats can be a big help, so if you didn't get one under the tree this Christmas, consider investing in one now. Visit idahopower.com/heatingcooling to see if you qualify for our smart thermostat incentive — a \$75 savings!

In the winter, set your thermostat at 68 °F when you're home and even lower at night or when you're away. For each degree you lower the thermostat in the winter, you can save approximately

3 to 5% on your heating costs. If you have a heat pump, however, it's best to keep the setting within 2 to 3 degrees of your desired temperature, as heat pumps operate better in a smaller temperature range.

Schedule Your Savings

As you're looking at the year ahead, put a few easy reminders on your calendar to keep energy savings on your schedule. Switch your ceiling fan direction (clockwise in winter, counterclockwise in summer) and replace your air filters regularly. If you haven't already, schedule annual maintenance for your heating and cooling systems to help keep them running safely and efficiently.

We hope these tips help get you started on your energy-saving resolutions. For more tips to help you save energy all year long, visit idahopower.com/save.





New Year, New Appliances!

Time to Upgrade Your Appliances?

Knowing the average lifespan of your home appliances can help homeowners plan and prepare for unexpected (and often expensive) failures. Taking the time to compare features, upfront costs and operating expenses, such as how much energy an appliance uses before it fails, will prepare you to make the best decision possible when it's time to replace or upgrade.

When shopping to replace an appliance, always look for the ENERGY STAR® logo to ensure you're getting the best in energy efficiency.



Average Appliance Lifespans

Heating and Cooling Systems

- Furnace (gas): 17 years
- Furnace (electric): 18 years
- Heat pump: 15 years
- Central A/C: 14 years
- Water heater: 13 years

Kitchen

- Dishwasher: 10 years
- Garbage disposal: 9 years
- Refrigerator: 12 years
- Freezer: 12 years
- Microwave: 9 years
- Oven/range: 16 years

Laundry

- Washer: 11 years
- Dryer: 13 years



Boiling Down Induction Cooking

Popular among chefs but largely unfamiliar to American home-cooks, induction cooking has many benefits — including reducing energy used by as much as 20 to 65% compared to traditional cooktops and gas stoves. To increase consumer awareness and adoption of this energy-saving technology, ENERGY STAR® selected induction cooktops for its 2021 Emerging Technology Award!

How induction works: Induction cooktops use an electromagnetic field to heat the pan directly. This improves both energy efficiency and cooking performance and allows them to outperform gas and electric burners in both heating power and temperature control.

Better cooking performance: Induction offers a wide range of settings, from a low power that's gentle enough to melt chocolate without a double boiler, to high power that boils water faster than conven-

tional cooktops. Unlike traditional electric stoves, induction offers accurate and nearly instantaneous temperature control — even faster than gas burners.

Increased safety: With induction cooking, only the pots and pans heat up, reducing the risk of accidental fires or burns on your fingers, wooden spoons and oven mitts.

Easy cleanup: Induction cooktops have a smooth ceramic surface. And unlike radiant tops, they're easy to clean because only the pan heats up, preventing food spills or splatters from burning onto the surface.

Special cookware: For pots and pans to work on induction cooktops, a magnet needs to be able to stick to the bottom. Many stainless-steel, cast-iron and carbon-steel pans will work, but an induction-ready disk is an inexpensive, quick-fix to ensure compatibility for all your favorite pans.

From the Energy Efficient Kitchen

Jan. 2022
Main Course

Grilled Chicken-pineapple Skewers

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| 1 pound boneless, skinless chicken breast | 2 tbsp olive oil |
| 2 cups pineapple, cut into one-inch cubes | 1 tbsp pineapple juice |
| 1 green bell pepper, cut into one-inch cubes | 2 tsp soy sauce |
| 1 red bell pepper, cut into one-inch cubes | 2 tsp honey |
| ½ red onion, cut into one-inch pieces | 1 clove garlic, crushed |

In a small mixing bowl, whisk together oil, pineapple juice, soy sauce, honey and garlic. Cut chicken into one-inch pieces and cover with marinade for at least one hour. Assemble skewers, alternating chicken, pineapple, onion and peppers (approximately four pieces of chicken per skewer). Cook on grill at medium high until chicken begins to brown, about 10 minutes each side. Makes eight skewers.

Recipe selected from Idaho Power's Centennial Celebration Cookbook.