



How Winter Weather Impacts Energy Use

Heating System Works Harder

Even if your thermostat is set to a steady temperature like 68°F, your heating system runs more often when it's cold outside. The colder it gets, the more energy it takes to keep your home warm. If you use a heat pump, it may switch to a backup mode in freezing weather, which uses even more power. And if you use space heaters, they can add up quickly on your bill.

Thermostat Quick Tip!

Try setting your thermostat to 68°F when you're at home and awake. When you're asleep or away, lowering the thermostat by 7 to 10°F can save up to 10% annually on heating costs. However, if you have a heat pump, avoid adjustments of more than 2 to 3°F. This helps your system work more efficiently by reducing the need for backup heat as your system heats back up in the morning.

Water Heaters Run More Often

In winter, the water coming into your home is colder, so your water heater works longer to warm it up for your use. If your water heater is in a cold garage or basement, it loses heat faster and turns on more often to keep the water hot. That means showers, laundry, and dishwashing can all use more energy — even if your routine hasn't changed.

Water Heater Quick Tip!

If you have a water heater manufactured before 2004, adding an insulating blanket can reduce heat loss and save energy. If your water heater feels warm to the touch, that's a sign it's losing heat and could benefit from adding a water heater blanket.

Lights and Electronics Get More Use

Shorter days mean lights stay on longer and electronics get more use. Swap out old bulbs for energy-efficient LEDs, and

When winter arrives, the days grow shorter, and the nights stretch longer. That means more hours of cold and darkness each day. To stay warm and comfortable, we naturally use more energy — often leading to higher utility bills. But with a little planning, you can stay cozy and save energy during the colder months. Let's take a closer look:

don't forget to turn off lights and devices when you leave the room to avoid wasting energy while no one's around.

LED Light Quick Tip!

Pair your LED light bulbs with smart timers or motion sensors and ensure lights are only on when necessary to reduce energy use.

Other Winter Habits Add Up

- Holiday cooking and baking can increase oven and stove use.
- Electric blankets and heated mattress pads add comfort but also use power.
- Drying heavier clothes like sweaters, jeans, outdoor apparel, and blankets means longer dryer cycles.

Keep reading for more winter energy efficiency tips and ways to help take control of your energy use on page 2.

For even more ways to save energy, visit idahopower.com/save.

Ring in the New Year with Energy-Saving Resolutions That Last All Year

As the calendar flips to a fresh start, it's the perfect time to rethink more than just your habits — your home energy use deserves a resolution, too. Whether you're battling winter chills or prepping for summer heatwaves, every season



WINTER

- Lower the thermostat when entertaining or baking — extra bodies and a hot oven naturally heat the space, so your heating system can take a break.
- Check your home for ductwork leaks. If you decide to seal the ducts yourself, use duct mastic rather than duct tape for a long-lasting seal.
- Check the insulation in your attic and crawl space. For optimal efficiency, attics should have R-30 to R-50 insulation, while crawl spaces should be around R-30 to R-38 or higher.



SUMMER

- Close blinds or curtains during peak sun hours to keep rooms cooler.
- Set your thermostat a few degrees higher when away from home.
- Cook outside or use the microwave to avoid heating up the kitchen.
- Do laundry and run the dishwasher in the early morning or late evening hours to avoid adding heat during the warmest part of the day.

From the Electric Kitchen Roasted Brussels Sprouts

- 1 lb. Brussels sprouts, trimmed and halved
- 2 tsp olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp balsamic vinegar
- ½ tsp honey
- 1 tsp Worcestershire sauce
- 2 Tbsp chopped parsley

In a small bowl, prepare sauce by whisking together olive oil, Dijon mustard, balsamic vinegar, honey, and Worcestershire sauce until creamy.

Set aside. Heat a large non-stick skillet over medium heat until hot, about 2–3 minutes. Add Brussels sprouts, cut-side down; cover and cook until golden brown, (about 3 minutes). Flip Brussels sprouts. Cook and cover until the other side is browned. Pour sauce over Brussels sprouts and toss to coat. Pour into serving dish and sprinkle with parsley. Makes 4 servings, ½ cup each.

Recipe selected from Idaho Power's Centennial Celebration Cookbook.

offers smart opportunities to reduce your energy use and cut costs.

This seasonal tip sheet is designed to help you save energy all year long. Cut it out, save it, or pin it up for quick reference.



SPRING

- Replace or clean your HVAC filters to improve air flow and efficiency.
- Reverse your ceiling fan direction to spin counterclockwise for cooling.
- Seal window and door gaps with weatherstripping or caulk.
- Clean refrigerator coils to help it run more efficiently.



FALL

- Reverse your ceiling fan direction to clockwise for warmth.
- Replace or clean your HVAC filters to improve air flow and efficiency.
- Insulate exposed pipes to prevent heat loss.
- Test weatherstripping and replace it if worn.



January 2026 Side Dish

Billing Programs and Resources



Whether you're looking to save energy or manage your budget, our customer tools and programs can help your energy-use experience easier and more affordable.

My Account

Take charge of your energy use in My Account by seeing how much electricity each of your major appliances uses. It also gives you a peak into your energy habits, helping you spot trends and find ways to save. Visit idahopower.com/myaccount.

Bill Alerts

Want to avoid surprises on your energy bill? With bill alerts, you set a dollar amount, and we'll let you know when your usage reaches that limit. It's a simple way to stay on track and keep your costs predictable. Set your threshold through My Account or our mobile app.

Budget Pay

Manage your budget by leveling out your monthly payments. You are still charged for your actual energy use, but pay the same set amount every month. Visit My Account or the Billing tab in the app to view your monthly Budget Pay estimate and to sign up.

Energy Assistance

Do you need help paying your energy bill? We know life can sometimes bring financial hardships. Idaho Power offers several resources and programs to assist customers with their energy bills. Learn more at idahopower.com/energyassistance.

Did You Know?

For each degree you turn down the thermostat in the winter, you'll save approximately 3 to 5% on your heating costs.

Please recycle this newsletter.