

Cooling off Without a Huge Bill: 5 Ways to Beat the Heat on the Cheap

The hot days of summer mean refreshing trips to your favorite beach or local pool. Unfortunately, our busy lifestyles don't always afford the luxury of these special trips. Sometimes, after a busy day of yard work or running around with the kids, a retreat to a cool house can provide a relaxing respite from the heat. Enjoying a cool house can be great until the energy bill arrives. Luckily, there are ways to keep cool while saving money. Here are five ways to beat the heat without breaking the bank:

Plan Your Meals for the Season

Using the stove and oven adds additional heat to your home causing your air conditioner to work harder. During hot days, make cold meals like sandwiches or salads to avoid using the oven. Even better, cook your favorite dishes outside on a grill. Pour your favorite cold drink and keep the cooking heat outside. When the food is finished, enjoy the food in your comfortable kitchen or dining room.

Embrace the Cold Shower

Cold water doesn't cost much. If you find yourself drenched in sweat after cutting the lawn, a quick cold shower can be an invigorating way to clean up and cool off. Since you will probably feel cold after stepping out of the shower, you won't feel the need to blast the air conditioning. Plus, you save a little extra money not using your water heater as much. On particularly hot days, take a few quick, cold showers to stay cool without overusing your air conditioner.

Use the Ceiling Fans Correctly

Ceiling fans don't use as much energy as air conditioners. When used properly, [ceiling fans](#) cause a downdraft moving cool air to the middle of the room. In the summer, make sure your fans are running counterclockwise to maximize the comfort and energy savings of your home. Arrange your furniture so those downdrafts are cooling you and not the coffee table.

Give Your Air Conditioner a Tune-Up

Running an inefficient air conditioner will drive up energy costs. The cost of having a technician inspect and maintain your air conditioner can easily be recovered by energy savings. Regular maintenance also prevents the air conditioner from breaking down

when you need it most. Air conditioner repair in Oshawa can optimize your air conditioner for Canada's hot summer months.

Keep Out the Light

The summer sun may be great for tanning, but it won't help your energy bills. Depending on your windows, room temperatures can [increase by 10 to 20 degrees](#) when direct sunlight fills your room. Close your curtains during the hottest times of day--especially if you plan to be outdoors. Then you could return to a nice, cool home.

Summer is a great time for being outdoors. After enjoying your favorite activities, however, you probably want to relax in a cool, comfortable home. Instead of making the air conditioner work overtime and drive up your energy bills, using these five strategies can keep you comfortable and save money.

(some links removed for client confidentiality)