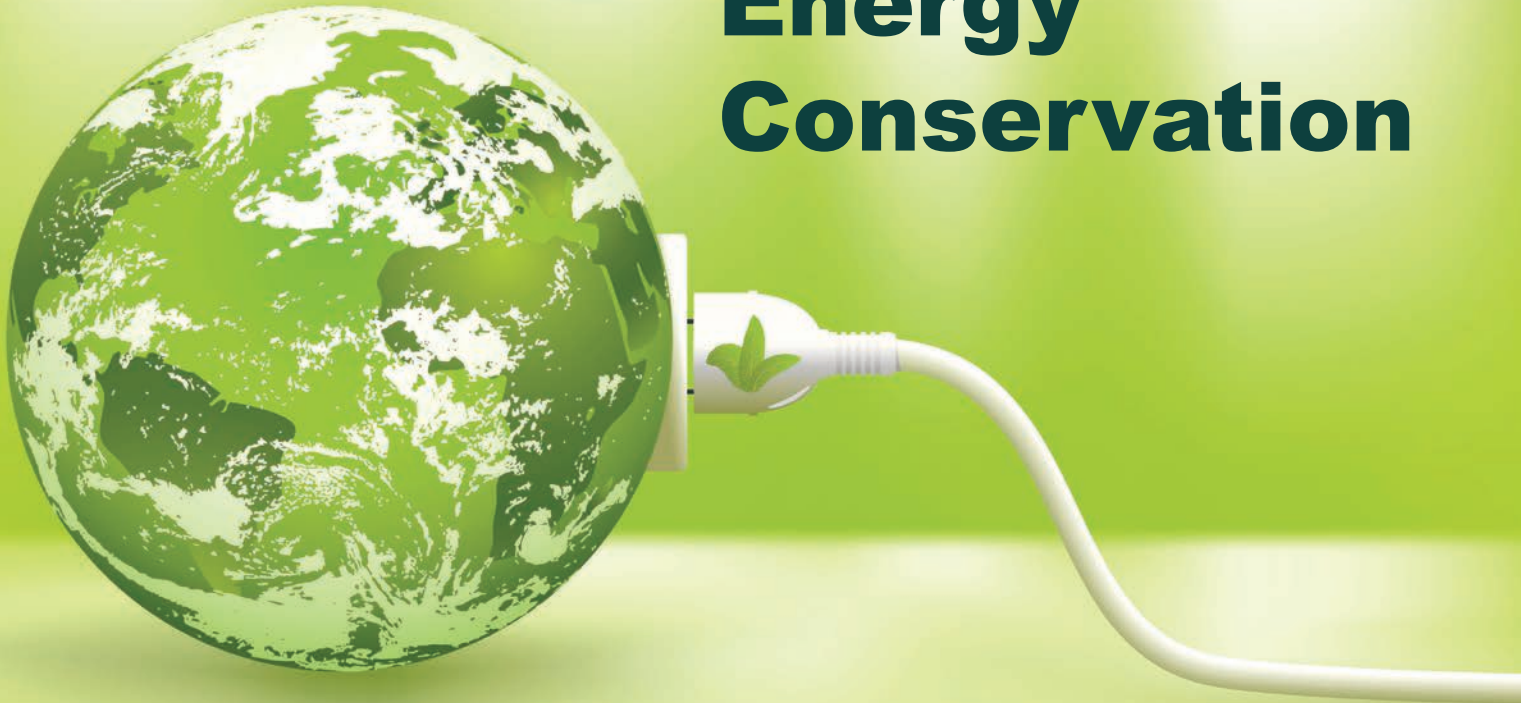


# Energy Conservation



## *Making the most of our precious resources*

*by Kent Waddington*

Energy intensity in Canada's health services sector is the second highest of all commercial and institutional facilities, says a report by Natural Resources Canada and it should come as no surprise to anyone working in a long-term care setting that their facilities often require extremely high levels of energy for the treatment and care of Canadians.

It is estimated our national health care energy bill exceeds \$1 Billion annually. To help mitigate these costs and the drivers of climate change, now more than ever, proactive health care organizations are embracing environmentally, responsible energy management practices through formal stated policies and actions, such as specifying and purchasing Energy Star certified equipment.

Energy Star is the international symbol of energy efficiency and has been adopted by governments throughout the world thanks to international cooperation agreements.

In Canada, the Energy Star program is administered and promoted by Natural Resources Canada's Office of Energy Efficiency, which enrolls participants as well as promotes and monitors the use of the Energy Star symbol across Canada.

In addition to energy, carbon emissions and operating cost reductions, there are many associated benefits to embracing environmental responsibility through Energy Star, including more comfortable resident care and staff working environment, improved quality of life for residents and clients, improved employee health and morale, reduced sick days, a stimulated local economy, improved overall facility infrastructure, enhanced employee knowledge and skills, and increased employee awareness which often translates to improved stewardship practices in their own households which has an even larger environmental benefit.

Only manufacturers whose products pass Energy Star testing are allowed to display the Energy Star symbol. Typically, a product must be among the top 15 to 30 per cent of all makes and models on the

market in terms of energy efficiency to be awarded the Energy Star symbol, and a company must prove at least one of their products meets the Energy Star technical specifications before it can use the symbol.

Those who purchase Energy Star certified products save money because these products use less energy than conventional alternatives, yet offer the same or better performance.

The Energy Star symbol appears on approximately 70 types of products such as household electronics, kitchen and laundry appliances, heating and ventilation equipment, and light bulbs.

While many may be familiar with these products for the home, there are tremendous opportunities for long-term care facilities to embrace Energy Star as part of an overall environmental stewardship initiative focusing on cost reduction and energy-savings. For example, there are Energy Star certified products available for use in almost every area of a long-term care facility including resident rooms and common areas.

Energy Star is also more than just a symbol on a product. It encompasses a range of activities that have led to the development of industry accepted, energy efficient technical specifications. By purchasing Energy Star certified appliances and equipment, you are taking the first step to demonstrating your commitment to energy reduction and environmental leadership.

Dianna Miller, Chief of NRCan's Energy Star group applauds the efforts of long-term care's green champions: "Natural Resources Canada is excited about the growth among long-term care homes in adopting Energy Star certified products in kitchens, cafeterias, kitchenettes, boardrooms, office spaces, and common areas such as waiting rooms and washrooms. With more than 70 types of eligible products available, there is more opportunity than ever to show leadership in addressing environmental challenges such as climate change and air pollution while working towards lower energy costs and improved client care environments."



**Checklist of ENERGY STAR Opportunities in Health Care**

The ENERGY STAR label appears on approximately 70 types of energy-using equipment commonly found in hospitals and long-term care facilities, including:

Equipment	Approximate Energy Savings over non-ENERGY STAR qualified models
Refrigeration	Commercial Refrigerators & Freezers* 35%
	Commercial Ice machines 15%
Sanitation	Commercial Dishwashers* 25%
	Commercial Clotheswashers* 59%
	Water Heaters <sup>1</sup> 5%
Food Preparation	Commercial Fryers 30 - 35%
	Commercial Griddles 10%
	Commercial Hot Food Holding Cabinets 65%
	Commercial Ovens 20%
	Commercial Steamers 50%
	Office Equipment
Imaging Equipment	Computer monitors 20%
	Computer Servers 30%
	Water Coolers 45%
	Printers, scanners, copiers, fax machines, multi-function devices, mail machines 40%
Electronics	Televisions 30%
	Telephony Varies
HVAC	Kitchen Ventilation <sup>1</sup> 60 - 75%
	Heating and Cooling <sup>1</sup> 6 - 15%
Lighting	Lighting <sup>2</sup> Up to 75%
Fenestration	Windows, Doors, Skylights <sup>1</sup> 7 - 12%

\*ENERGY STAR qualified, residential-sized products also available  
<sup>1</sup> These ENERGY STAR qualified products are sized for residential or light-commercial uses; may be suitable for smaller health care facilities, clinics and LTC sites.  
<sup>2</sup> Lighting includes: Fixtures, Compact Fluorescent Lamps (CFLs); Decorative Light Strings (DLSs); LED Luminaires; LED Bulbs.

Energy Star offers a framework to better embrace energy efficient appliances, energy awareness training, and an opportunity to be recognized for energy reduction accomplishments.

Any health care organization wishing to take their energy efficiency commitment to the next level is encouraged to becoming a formal Energy Star Participant. Benefits include the ability to use the internationally recognized Energy Star Participant symbol to promote your commitment, opportunities for joint marketing and promotional campaigns, having your organization profiled on the Canadian Energy Star web site, heightened public image for your environmental leadership, support for implementing energy efficiency initiatives that save money and reduce Greenhouse Gas (GHG) emissions, and access to additional training and print-ready promotional materials.

Registration is as simple as sharing some basic corporate contact information with NRCAN's Office of Energy Efficiency and can be done by visiting: <http://www.nrcan.gc.ca/energy/products/energystar/join/13042>

Registered participants are then permitted to use the participant logo online and in print, and are encouraged to profile their specific Energy Star activities on their website.

In the town of Arnprior, Ontario, Grove Nursing Home participated with the Canadian Coalition for Green Health Care in the development of North America's first Energy Star guide for going green in the healthcare kitchen.

The Grove, which serves fresh, nutritious and wholesome meals to its long-term care residents and adult day program participants, made a commitment many years ago to reduce its energy consumption and began replacing many of their older energy-inefficient kitchen appliances with Energy Star products.

When all existing non-Energy Star certified appliances are replaced with new Energy Star certified alternatives, the Grove could save approximately \$30,848 from their utility budget and reduce GHG emissions by 108,751 kg over the life of these appliances.

The largest savings potential involves a transition to an Energy Star certified dishwasher, which saves money on both electricity and water. An Energy Star certified steamer or hot food holding cabinet could also result in substantial dollar savings and GHG emissions reductions.

Beyond simply looking for the Energy Star symbol when purchasing new equipment, your procurement officer should also become informed about product life-cycle information, and know what types of questions to ask regarding the proposed new equipment such as its energy and water consumption, how the item is manufactured, service life, end-of-life disposal options, and whether the organization really needs the product in the first place.

Perhaps your long-term care home has made Energy Star a core component in your purchasing strategy or installed new Energy Star certified appliances in your food service or laundry.

The Canadian Coalition for Green Health Care encourages you to investigate Energy Star certified products as a great way of reducing energy consumption in your care homes and freeing up dollars better spent on the actual delivery of care to residents. Please share your Energy Star success stories with the Coalition at: [feedback@greenhealthcare.ca](mailto:feedback@greenhealthcare.ca)

Sound energy management practices, which include the adoption of Energy Star principles, can greatly decrease operating costs, free up much needed funds for infrastructure renewal, and more importantly help you turn your energy dollars into health care dollars for improved care delivery. And isn't that what it's all about?

For a more thorough investigation of Energy Star and the potential it holds in your facility, please download "Health Care Food Services Resource Guide - Going Green in the Kitchen with Energy Star," available at: <http://greenhealthcare.ca/going-green-in-the-kitchen-with-energy-star> See also "Energy Star Guide for Commercial Kitchens" at: [http://www.nrcan.gc.ca/sites/www.nrcan.gc.ca/files/energy/pdf/energystar/Commercial-Kitchen-Guide\\_E\\_acc.pdf](http://www.nrcan.gc.ca/sites/www.nrcan.gc.ca/files/energy/pdf/energystar/Commercial-Kitchen-Guide_E_acc.pdf)

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