

# Coffee Houses on Sustainability

*Join your neighbours from across Ottawa for a coffee and cookie to learn from their experiences when transitioning to a more sustainable lifestyle!*



Invites all  
Ottawa residents  
to these FREE events.



Bring your  
own cup!

Sign up on  
Eventbrite:  
[www.bit.ly/  
GreenCoffeeHouses](http://www.bit.ly/GreenCoffeeHouses)



**9:30 – 11:30 am • Glebe Community Centre, 175 Third Ave, Ottawa**

Saturday January 27

Saturday February 24

Sunday March 24

Saturday April 27

Sunday May 5

**Homes and Energy**

**Reducing Your Carbon Footprint**

**Greenspace and Water**

**Transportation**

**Zero-Waste Living**

**9:30 – 11:30 am • Jim Durrell Rec Centre, 1265 Walkley Rd, Ottawa**

Saturday June 8

**Climate Risk – Basement Flooding**

*Do solar panels work  
for a multiplex?*



*Rebates for  
sustainable upgrades,  
like heat pumps?*



*Why not try  
an e-bike?*



*A zero-waste  
pantry?*



*Keeping stormwater  
out of your basement?*



**CAFES Ottawa**  
Community Associations for  
Environmental Sustainability



Community  
Environment Project  
Grant Program  
(CEPGP)

**McKeen** THINK FRESH. THINK LOCAL.  
**metro** GLEBE



***“Investing in new fossil fuels infrastructure is moral and economic madness.”***

**Antonio Guterres, Secretary-General of the United Nations, upon the release of the Intergovernmental Panel on Climate Change WGII Sixth Assessment Report, April 2022.**

# Coffee Houses on Sustainability – Homes & Energy

- Welcome
- 9:30 – 9:45 am      *“Better Homes Ottawa Loan Program”* (Aaron Thornell)
- 9:45 – 10:30 am      Coffee Table Chats with Knowledgeable Neighbours
- 10:30 – 10:45 am      *“Energy, Carbon & Resiliency – Getting Your Home Ready for the Future, Today!”* (Patric Langevin)
- 10:45 – 11:30 am      Coffee Table Chats with Knowledgeable Neighbours
- Close

# Energy Saving Tips for renters:



Visit [www.lowincomeenergy.ca](http://www.lowincomeenergy.ca) to see if you are eligible for energy efficiency programs to help lower electricity/gas bills

- ENERGY STAR<sup>®</sup>-certified LED light bulbs
- High-efficiency showerheads
- Drying racks for clothes
- Smart power strip
- Weatherstripping around doors & windows
- Smart thermostats
- Caulking & sealing of gaps around doors & windows
- Insulating hot water pipes

# Energy Saving Tips:



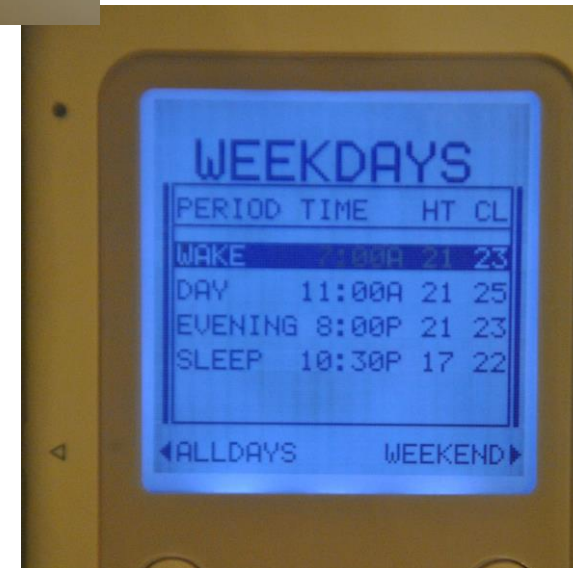
Clean or Replace  
Furnace  
Filters



Use  
Drying  
Racks



Use LED  
Light  
Bulbs



Program  
Your  
Thermostat

# Coffee Houses on Sustainability – Homes & Energy

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**Air Source Heat Pump**



# Considerations for Heat Pumps

Step #1 – Reduce Heating load

Air  
Sealing

Windows  
& Doors

Attic  
Insulation

Wall  
Insulation

Basement  
Insulation

# Considerations for Heat Pumps – Seal Unused Fireplaces



# Considerations for Heat Pumps – Insulate Crawlspace



# Considerations for Heat Pumps – Windows



Reduce window draughts

# Considerations for Heat Pumps

## Step #2 – Forced Air

Duct  
Size

Electric  
Capacity

Duct  
Sealing

NRCan  
Toolkit<sup>1</sup>

<sup>1</sup> <https://natural-resources.canada.ca/maps-tools-and-publications/tools/modelling-tools/toolkit-for-air-source-heat-pump-sizing-and-selection/23558>

# Coffee Houses on Sustainability – Homes & Energy

**Ducted heat pump installed in poorly serviced third floor**



**Wall-mounted ductless heat pump**



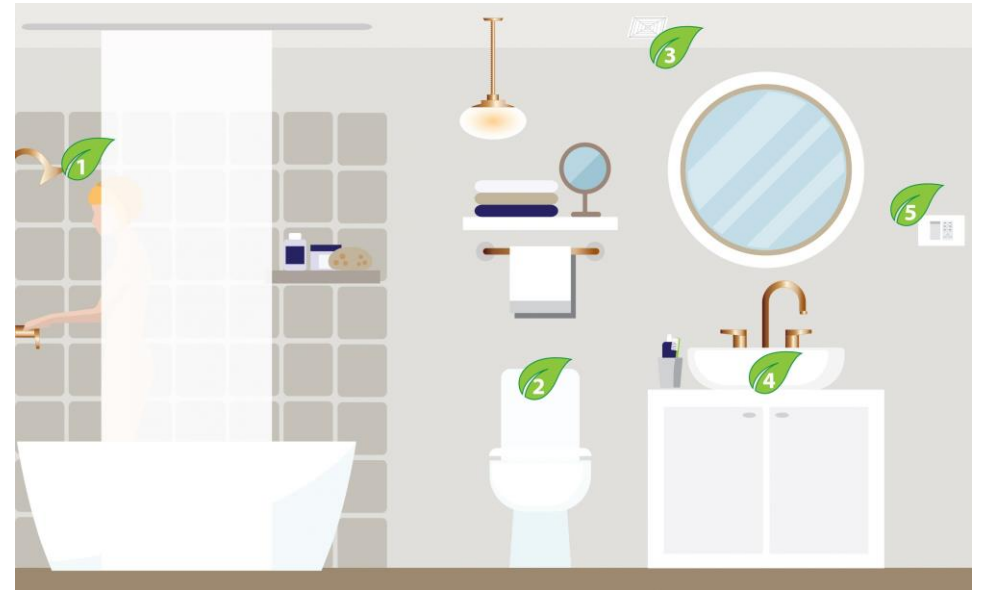
# Energy-saving tips for the kitchen:



- Reheat food in the microwave
- Scrape dishes don't rinse
- Avoid heat-dry option on dishwasher
- Select sufficient cleaning cycle that uses minimum time
- Allow air flow within & around fridge

# Energy-saving tips for the bathroom:

- Install water-saving shower head
- Take a shower instead of a bath
- Install a faucet aerator to reduce hot water usage



# Energy Saving Tips:



Use a pressure cooker

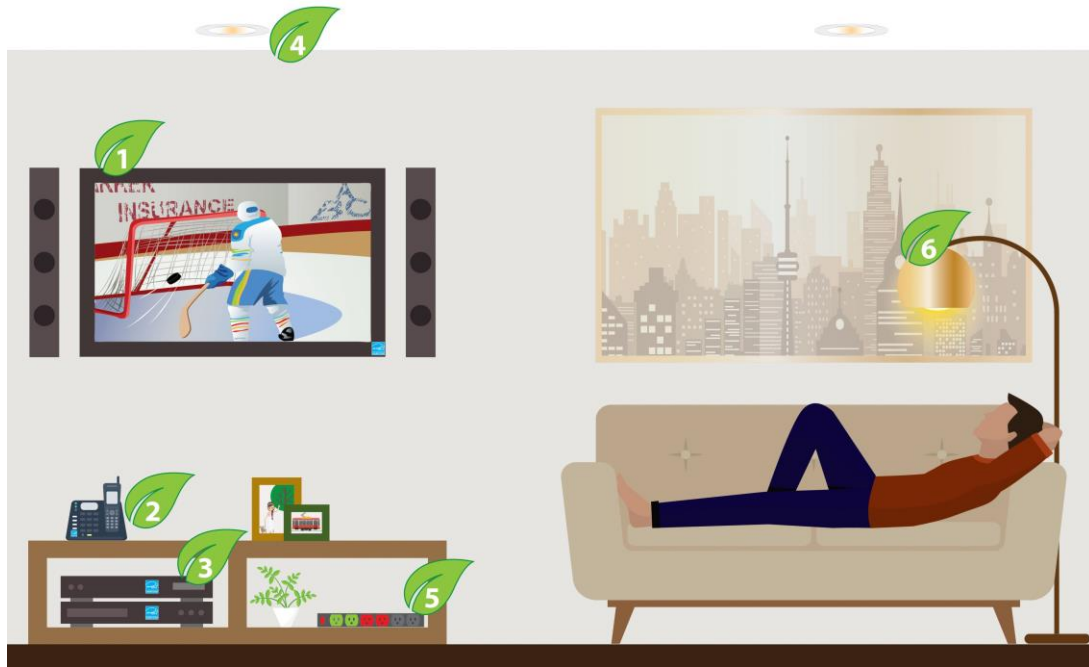


Turn off the heat dry function on your dishwasher



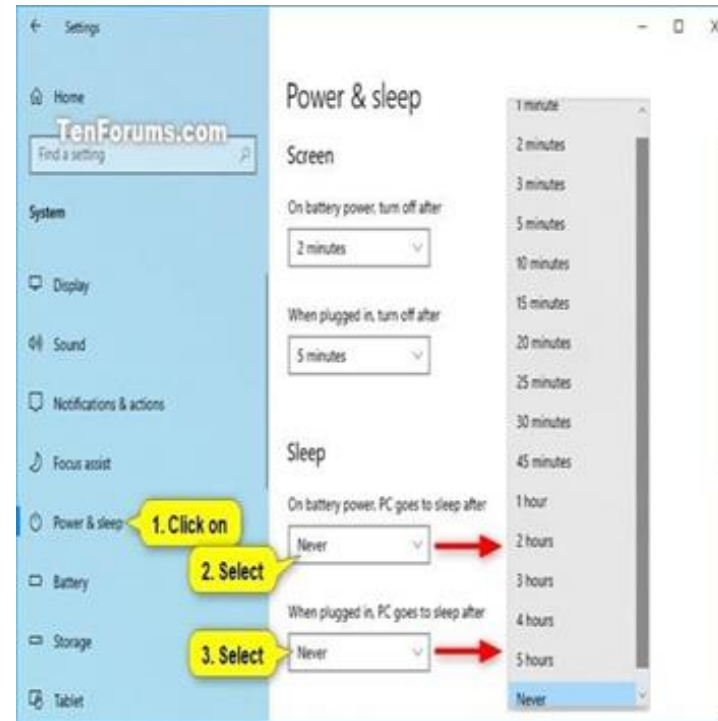
Replace Washers in Leaky Faucets

# Energy-saving tips in the living room:

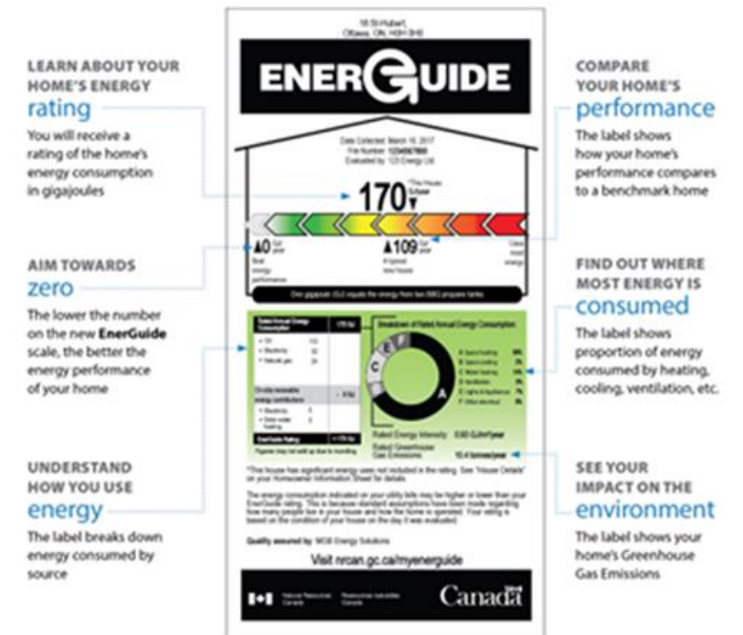


- Buy ENERGY STAR<sup>®</sup>-certified electronics
- Use a smart power strip
- Use ENERGY STAR<sup>®</sup>-certified LED light bulbs

# Energy Saving Tips:



Use the sleep function on electronics



Get an Energy Audit



## **Coffee Houses on Sustainability – Homes & Energy**

**Solar panel installation  
on a barn-style roof with  
tight rooflines**



# Coffee Houses on Sustainability – Homes & Energy

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**Heat Pump Water Heaters**

# Coffee Houses on Sustainability – Homes & Energy

City of Ottawa's five actions<sup>1</sup> which will have the most significant impact on reducing greenhouse gas emissions are:



- Electrify personal vehicles
- Retrofit existing residential buildings
- Divert organic waste from landfill and create renewable natural gas
- Retrofit existing commercial buildings
- Transition to zero emission commercial fleets

**Hold them accountable!**

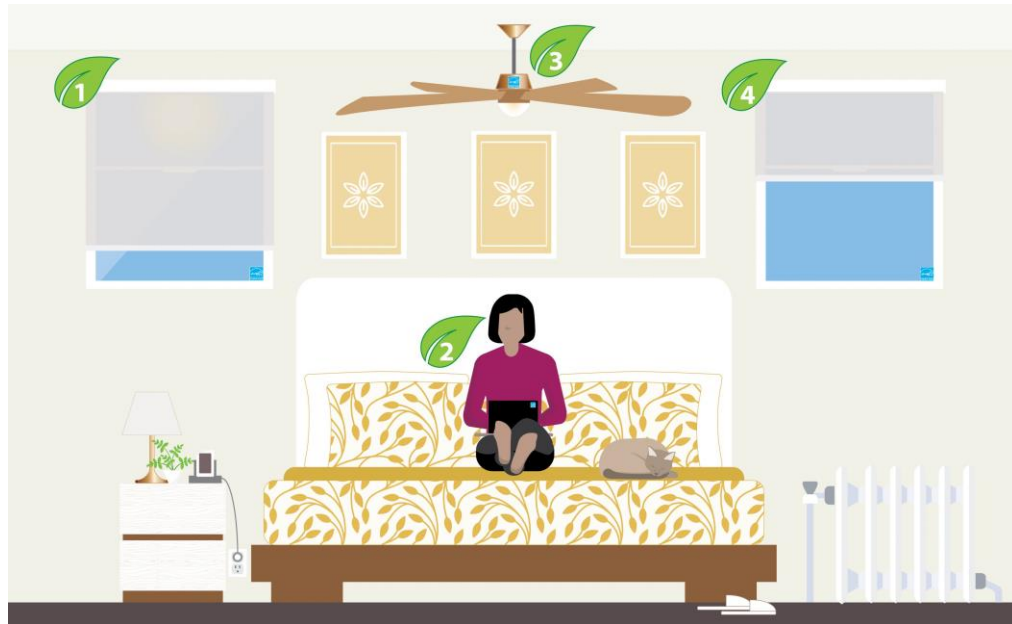
<sup>1</sup> <https://ottawa.ca/en/living-ottawa/environment-conservation-and-climate/climate-change-and-energy/energy-evolution#section-fa5b88e5-10e8-4ed9-8031-67c6c73d7df3>

# Energy-saving tips in the dining room:

- Use ENERGY STAR<sup>®</sup>-certified LED light bulbs
- Use blinds & drapes to minimize heating & cooling loss
- Seal leaks around window casing with caulking
- Install weatherstripping between windows & frames



# Energy-saving tips in the bedroom:



- Use blinds & drapes to minimize heating & cooling waste
- Instal ENERGY STAR<sup>®</sup>-certified ceiling fan
- In summer set fan to counterclockwise
- Empty air from radiators twice yearly to improve efficiency

# Coffee Houses on Sustainability – Homes & Energy

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**Solar panel installation**



# Energy-saving tips in the laundry:

- Wash in warm or cold water
- Pre-soak stained clothes to avoid re-washing
- Select high speed or extended spin to drive out more water
- Clean lint trap on dryer to increase airflow
- Air-dry clothes on racks or hangers





# Coffee Houses on Sustainability – Homes & Energy

**Heat Pump Water Heater**

**&**

**Heat Pump Air Exchanger**

# Options to Advocate for Sustainable Homes & Energy

## The Community Energy Showcase: The Energy Mix meets Sierra Club Canada

November 29, 2023



### Take action

#### PETITION

Canada's worst polluting sector must do its fair share

Act now →

#### CAMPAIGN

Call the Cabinet! Canada's emissions cap must meet national climate targets!

Act now →

#### PETITION

New biodiversity strategy for Canada must respect the rights of Mother Earth

Act now →

Subscribe for Sierra Club Canada campaign updates, events, advocacy opportunities and more.

- Hold your municipality accountable for their environmental promises
  - Delegate at City Hall
  - Call your councillor
  - Write to council
- Sign petitions to let governments know your concerns
- Support Ottawa's youth by walking in a FridaysForFuture Climate March

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Solar Panels on Rooftop Patio



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**Saturday February 24 • 9:30 – 11:30 am**  
**Glebe Community Centre, 175 Third Ave, Ottawa**  
**Reducing Your Carbon Footprint**



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**Greenspace and Water**



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**The Wild Oat**  
Bakery & Café

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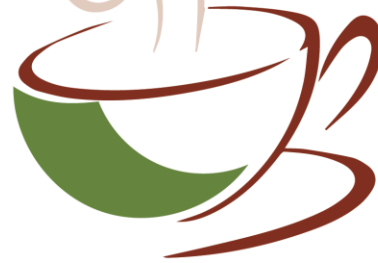


**Saturday April 27 • 9:30 – 11:30 am**  
**Glebe Community Centre, 175 Third Ave, Ottawa**  
**Transportation**

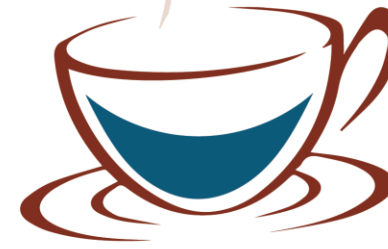
*Pros and cons of a  
car-share program?*



*Life with an  
e-bike or e-vehicle?*



*How to successfully  
be car-free?*



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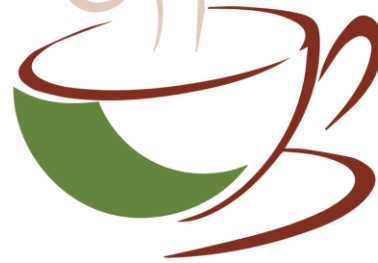


**Sunday May 5 • 9:30 – 11:30 am**  
**Glebe Community Centre, 175 Third Ave, Ottawa**  
**Zero-Waste Living**

*Reduce the environmental  
impact of clothing?*



*A repair café to  
fix small appliances?*



*A zero-waste  
pantry?*



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HAPPY GOAT  
COFFEE COMPANY

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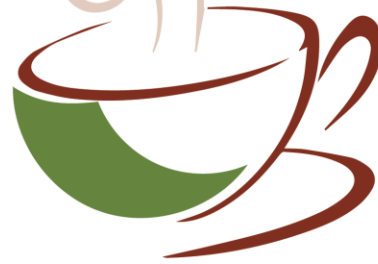


**Saturday June 8 • 9:30 – 11:30 am**  
**Jim Durrell Rec Centre 1265 Walkley Rd, Ottawa**  
**Climate Risk: Basement Flooding**

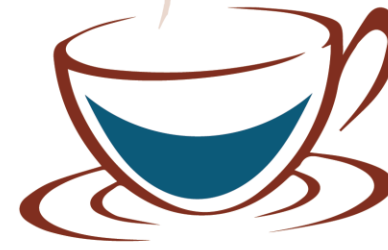
*Keeping stormwater  
and sewage  
out of your basement?*



*Learn about  
backflow valves?*



*Rebates for flood  
protection upgrades?*



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***“We are on a highway to hell  
with our foot on the  
accelerator....What did you do  
for the world – and for our  
planet – when you had the  
chance?”***

**Antonio Guterres, Secretary-General of the United Nations, on the opening of the UN COP27 climate conference, Egypt, November 2022.**