



My Power Rush Hour[®] day

Beat the heat from 2-7 p.m.

With triple-digit temperatures in the forecast, it makes sense to shift electric appliance use from 2-7 p.m. and save energy this summer. Read a diary sample on the following page and you can adapt these tips to fit your own schedule.

Learn more at pec.coop/power-rush-hour.

POWER
RUSH HOUR[®]



Before Power Rush Hour
7-10 a.m.

Run a full load of laundry on a cold-water cycle in the morning. Then, dry your clothes on the shortest cycle possible. Running appliances early in the morning will help save energy later during peak times.



During Power Rush Hour
2-7 p.m.

Turn up the thermostat to 78 degrees. Then, head outside to make a delicious dinner on the grill. Make sure all exterior doors to your home are closed tightly to keep cold air inside.



After Power Rush Hour
8-10 p.m.

Now is the perfect time to run a full load of dishes. Before falling asleep, turn on your ceiling fan to help you stay cool all night without having to lower your thermostat.

