

# EFFICIENCY MANITOBA

## YOUR PATH TO ENERGY EFFICIENCY

### IN THIS ISSUE:

Discover your way to a more energy-efficient future with our expert tips and current offers. Plus, get an inside look at working in energy efficiency.



**SAVE TODAY.  
SAVE TOMORROW.**



# CELEBRATING FIVE YEARS OF ENERGY SAVINGS WITH EFFICIENCY MANITOBA

Welcome to the current edition of our magazine. It's 2025 and we're celebrating a significant milestone — our fifth birthday!

We've had the privilege of providing rebates and expert advice to help Manitobans make energy efficiency upgrades and decisions over the past five years. The world has faced significant challenges in this time but our role in making life more affordable here at home has been and will continue to be available. As we look ahead, we invite you to come save with us. Whether your reasons are reducing your energy costs, making your home more comfortable, or contributing to a more sustainable future, energy efficiency provides all these benefits and more.

This magazine is packed with ideas to get you started on energy-saving changes you can make at home. We suggest starting with the section called **Your path to energy efficiency** on **page 1**. By following the prompts, you'll figure out the best step for you to take in becoming more energy efficient, whether that's participating in one of our offers or making a simple change in your day-to-day habits.

**COME SAVE  
WITH US**



## Don't miss these offers!

- ➔ We enhanced our offers for ground source heat pumps through Manitoba's new Affordable Home Energy Program! Learn more at [efficiencyMB.ca/affordable-home-energy](https://efficiencyMB.ca/affordable-home-energy).
- ➔ We have rebates on EnerGuide evaluations so you can get a comprehensive review of your home's energy efficiency. Turn to **page 11** to learn more about the importance of EnerGuide evaluations or visit [efficiencyMB.ca/home-evaluation](https://efficiencyMB.ca/home-evaluation).
- ➔ We're hosting a giveaway for energy-efficient products and Efficiency Manitoba merchandise! Check out the **back cover** of this magazine for all the details.



## YOUR PATH TO ENERGY EFFICIENCY

Are you wondering how to maximize energy savings in your home? In this section, we'll walk you through your path to energy efficiency, suggesting upgrades and offers that make the most sense for you.

Your next step toward energy efficiency doesn't have to be big. One of the simplest and most affordable places to start is by looking at your day-to-day habits.

Small changes like turning off lights when leaving a room, unplugging devices you're not using, and installing a low-flow showerhead can make a difference. Other easy changes include using cold water for laundry, air-drying dishes after running your dishwasher whenever possible, and sealing drafts around windows and doors. These actions are great ways to reduce your energy consumption with little to no upfront cost.

When you're ready to level up your household's energy efficiency, use this path as your guide to explore options and set goals. Whether it's changing a habit or tackling a bigger project, each step gets you closer to a more energy-efficient and comfortable home.

# YOUR NEXT STEP TOWARD ENERGY EFFICIENCY

Ready, set, save! This path toward energy efficiency is designed to recommend upgrades that address the envelope of your home first — that is, your insulation, windows, and doors. Then, you can move onto your heating and cooling system, followed by other energy-saving improvements.

To work through this path, read the first question and decide if you may qualify. If you do, follow the instructions and turn to the correct page, or go to the following question to see your next move.



1

## Do you qualify for our Energy Efficiency Assistance Program, Métis Energy Efficiency Offers, or First Nation Energy Efficiency Program?

We have specific programs to make energy efficiency more affordable for low- to moderate-income households, Red River Métis Citizens, and Indigenous communities. If you qualify, these programs are the best way for you to benefit from energy efficiency upgrades, at the lowest cost!

➔ Turn to page 4 to learn about these programs and see if you're eligible.



2

## Is your home adequately insulated?

Properly insulating your home is one of the best ways to lower your energy bills. Before considering other energy efficiency upgrades, ensuring you have adequate insulation is an important first step to keep warm air outside during the summer and inside during the winter.

➔ Turn to page 5 to read about our Home Insulation Rebate.



4

## Do you have an energy-efficient heating and cooling system?

Upgrade your heating and cooling system to a ground source heat pump or air source heat pump, both of which provide energy-efficient heating and cooling in one unit.

➔ Turn to page 6 to find out how you can start saving today.

3

## Do you have energy-efficient windows and doors?

High-performance windows and doors can prevent drafts and make your home more comfortable.

➔ Turn to page 5 to learn more.



## Not sure where to start?

If the path outlined on the next few pages still feels overwhelming — or if you don't know what your home needs in terms of energy efficiency upgrades — we can help. Our offer supporting EnerGuide evaluations is a great place to start in understanding your energy use and identifying energy-saving opportunities.

➔ Turn to page 11 to read more about EnerGuide evaluations.



5

## Explore more savings

Now that you have the basics covered, here's where the path to energy efficiency can take you next:

Want to monitor, control, and optimize your energy use at home in real time? Smart thermostats and devices can help you do just that!

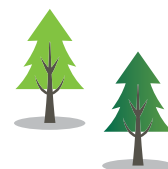
Have an old, inefficient fridge or freezer taking up space in your home? We can take it off your hands for free and give you a rebate too!

Interested in a solar photovoltaic system? We have rebates!

➔ Turn to page 7 to learn more.



# DISCOVER OFFERS TAILORED TO YOU



Considering multiple upgrades at once? You can get rebates for comprehensive whole-home upgrades through our Home Energy Retrofits! Go to [efficiencyMB.ca/retrofits](https://efficiencyMB.ca/retrofits) to learn more.

Based on the moves you made on the last page, you may qualify for one or more of the offers below. Read on to see what's next on your path!



## Do you qualify for our Energy Efficiency Assistance Program?

This program provides free and subsidized energy efficiency upgrades for qualifying low- to moderate-income households. About 40% of Manitoba households qualify for our Energy Efficiency Assistance Program, including both homeowners and renters. Eligible upgrades through this program can include insulation upgrades, heating system upgrades, and more. The income thresholds for this program are noted below.

Number of people	Total income
1 person	\$45,333
2 people	\$56,437
3 people	\$69,384
4 people	\$84,239
5 people	\$95,543
6 people	\$107,757
7 or more people	\$119,972



Visit [efficiencyMB.ca/EEAP](https://efficiencyMB.ca/EEAP) or call us at 1-844-944-8181 to get started.



## Do you qualify for our Métis Energy Efficiency Offers?

Working in close collaboration with the Manitoba Métis Federation, this program is designed to help Red River Métis homeowners and renters save on their energy bills by providing affordable energy efficiency upgrades such as insulation upgrades, heating system upgrades, and more for their homes. If you're renting a home, we can work with your landlord to have energy efficiency upgrades completed in the house you're renting.



Visit [efficiencyMB.ca/MEEO](https://efficiencyMB.ca/MEEO) or call us at 1-844-944-8181 to find the household income thresholds for this program.



## Do you qualify for our First Nation Energy Efficiency Program?

This program offers free energy efficiency upgrades including insulation upgrades, heating system upgrades, and more for First Nation communities. We partner with your community to reduce energy consumption and address bill affordability. Upgrades are free, and our Indigenous Programs Technical Advisor works with you to create a plan and identify a labour solution that works for your community.



Visit [efficiencyMB.ca/FNEEP](https://efficiencyMB.ca/FNEEP) to get started.



## Do you qualify for our Home Insulation Rebate?

Your home may not have enough insulation, especially if it was built before 1999. Adding insulation to your home will help lower your energy bills and improve the comfort of your living space. We provide rebates for adding insulation to your attic, wall cavities (between studs), exterior walls (when re-siding), and foundation walls.



Find out how to get started by visiting [efficiencyMB.ca/home-insulation](https://efficiencyMB.ca/home-insulation).



## Do you qualify for our Windows and Doors Rebate?

High-performance windows and doors can prevent drafts from leaking into your home. Get a \$100 rebate on each qualifying window and door you install in your home. Windows and doors must be ENERGY STAR® certified and at least triple pane glass (where applicable).



Visit [efficiencyMB.ca/windows-and-doors](https://efficiencyMB.ca/windows-and-doors) to learn more.

If you're not ready to upgrade just yet, consider low-cost air sealing measures. Caulking and weatherstripping your windows and doors is an easy way to prevent unwanted air leakage and save energy.

## ④ YOUR PATH TO SAVINGS & COMFORT

Ready to upgrade your heating system?

The average home can expect to see almost 60% of their energy bill go toward home heating each year. That's why upgrading your heating system can be an effective way to reduce energy costs and improve the comfort of your home.

We're supporting the delivery of the Affordable Home Energy Program by providing financial support for the installation of energy-efficient heat pump systems in Manitoba homes. We have multiple offers available to help with the cost of upgrading to a ground source or air source heat pump, both of which provide efficient heating and cooling.

Ground source heat pumps — the most efficient heating option — use underground loops to provide sustainable heating while lowering electric heating costs by up to 60%. These systems are best suited for homes with large lots and open spaces, and that have already received insulation upgrades.

Cold climate air source heat pumps are easy to install and can lower electric heating costs by up to 30%. When an air source heat pump is in heating mode, it takes heat from the outdoor air and transfers it to the inside. In cooling mode, the system operates in reverse, taking heat from the inside and transferring it to the outdoor air.

The steps are simple: Choose a contractor registered with Efficiency Manitoba, apply for approval, install an eligible system, and get a rebate!



Find out more at [efficiencyMB.ca/heat-pumps](https://efficiencyMB.ca/heat-pumps).



## ⑤ MORE SAVINGS AHEAD

Congratulations on making it this far in exploring your energy efficiency options! Now that you have your major upgrades covered, it's time to determine what comes next.

### Get smart with your thermostat

A Wi-Fi-enabled smart thermostat can be a game-changer for energy efficiency. It allows you to schedule temperature adjustments, track energy use, and control your home's comfort remotely through your smartphone or tablet.

Advanced features like geofencing automatically adjust settings based on your location, making it ideal for busy households. Smart thermostats, as well as other Wi-Fi-enabled devices like smart LED bulbs and smart plugs, can also integrate with a virtual assistant, creating a seamlessly energy-efficient home. Some models even send notifications tracking humidity levels, power outages, or irregular temperatures, ensuring you're always aware and in control. With these tools, you'll maximize comfort, save energy, and reduce costs year-round.

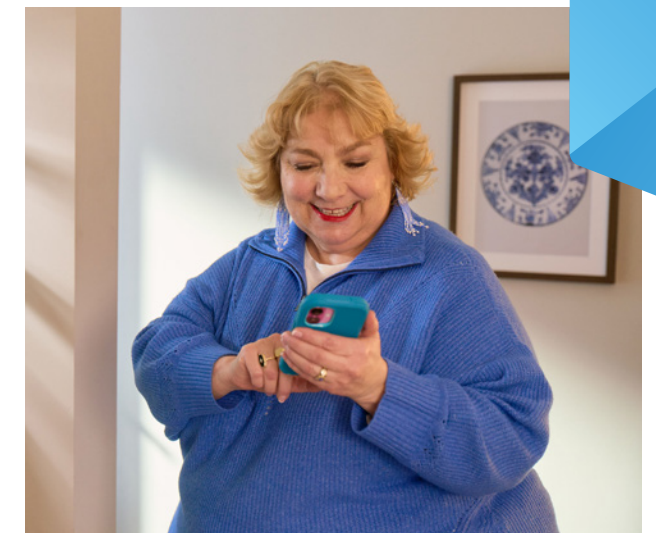
Some programs, like our Energy Efficiency Assistance Program, Métis Energy Efficiency Offers, and First Nation Energy Efficiency Program, provide a free smart thermostat to qualifying households!

### Recycle. Get a rebate. Feel great.

If you have an old working fridge or freezer you're looking to get rid of, don't pay to haul it away! We offer free in-home pick-up, and we'll give you \$30 for each qualifying appliance you recycle.



Find out if your appliance qualifies and book your pickup at [efficiencyMB.ca/appliance-recycling](https://efficiencyMB.ca/appliance-recycling).



### Consider solar upgrades

Installing a solar photovoltaic (PV) system could be a great next step for your home. A solar PV system provides a long-term source of clean, renewable energy capable of powering your home for at least 25 years. Solar power helps reduce your monthly energy bills and our rebates make the switch more affordable.



Learn more at [efficiencyMB.ca/solar](https://efficiencyMB.ca/solar).





# EMPOWERING INDIGENOUS COMMUNITIES: ENERGY SAVINGS THROUGH PARTNERSHIPS

Energy efficiency is a powerful tool for sustainable growth and environmental stewardship. Through our Indigenous Community Energy Efficiency Program, we work with First Nation communities to support their energy-saving opportunities, and ultimately, reduce overall community energy use.



## Achieving goals together

Our Indigenous Community Energy Efficiency Program provides communities with funding of up to \$40,000 annually for two years to hire an energy efficiency advocate. The advocate works directly with the community to access our energy efficiency programs.

In addition to funding, we provide ongoing technical support. Communities can rely on our team of experts to support them in achieving their energy efficiency goals. We ensure energy efficiency advocates are well-equipped to guide their communities through the process.



Skownan First Nation, MB



## Skownan First Nation's success story

Marvin Sutherland, the energy efficiency advocate for Skownan First Nation, has been helping the community explore energy-saving opportunities available to them. Marvin says this initiative has made it easier to access our programs, which will allow the community to save energy now and into the future.

“ Since being selected as the energy efficiency advocate for Skownan First Nation, it has been a real pleasure working with the Efficiency Manitoba team, making it easy to take advantage of the programs available for our community. We will be raising the insulation R-value in the attics of some of our homes and commercial buildings, like our Community Hall. We're upgrading our windows to ENERGY STAR® certified triple panes. We are also planning to make upgrades to our new housing builds and a new commercial office building for the Jordan's Principle and health and wellness programs, so they can do what they do best.”

Skownan First Nation has also launched their first "outsulation" pilot project. Mineral wool has been added to the exterior of the house, creating a thermal break, which reduces heat loss through the studs in the wall assembly and ensures durability of the structure. Rain screen principles were also applied, further increasing the durability of the home and longevity of the siding. Iain Geeves, Efficiency Manitoba's Indigenous Programs Technical Advisor, attended the build for three days, providing direction and hands-on labour while working alongside local trades, helping to increase construction expertise in the community.

Skownan First Nation also participated in our First Nation Energy Efficiency Program for this pilot project. The combined efforts will reduce the building energy consumption by 24% and save an estimated \$520 annually on energy bills. These substantial upgrades will make this climate-resilient home more resistant to mould and water-related issues, making it healthier and more comfortable to live in.

“ These products will ultimately upgrade the overall efficiency and durability of the envelope housing system. It has been a fun learning experience working side by side with Iain on our pilot project.”



# EXPLORING CAREERS IN ENERGY EFFICIENCY

As the demand for energy efficiency services grows, so does the need for qualified professionals. In Canada, the energy efficiency sector employs 466,000 workers, and according to national advocacy organization Efficiency Canada, about 200,000 new jobs will be created nationally by 2030. These careers span a wide range of industries, including construction, manufacturing, wholesale trade, utilities, and professional services.

## From innovation to installation

There's a wide range of career opportunities in the dynamic and growing field of energy efficiency. Some roles focus on innovation, like renewable energy engineers who design sustainable systems, and building performance engineers who optimize energy use in structures. Others, such as energy consultants, work directly with clients to recommend and implement energy-efficient solutions.

Contractors and service providers who install energy-efficient technologies also play a critical role. For example, we have a list of registered contractors who perform energy efficiency upgrades supported by our wide range of offers. Thanks to these contractors, homeowners and businesses can take advantage of our rebates and reduce their energy costs.

“In addition to making the house less expensive to heat and making it more comfortable and resilient, energy efficiency can also have an impact on indoor air quality, positively impacting people's health. That's the biggest joy for us — the family by family, house by house impact. We also recognize the spinoff benefits at the community, national, and international level, which can be quite significant.”

—**Gio Robson**, owner of prairieHOUSE Performance Inc., which provides professional consultation, testing, and evaluation of energy performance for homeowners and home builders



## Why EnerGuide evaluations are important

We often work with energy advisors, the specialists who conduct EnerGuide evaluations, to identify energy efficiency opportunities in homes.

An EnerGuide evaluation begins with a comprehensive review of the home's energy efficiency. Energy advisors measure insulation levels, airtightness, window performance, and other details to calculate an EnerGuide rating.

These evaluations identify specific home improvements to reduce energy use and save money. They're also a component of many of our offers, such as our Energy Efficiency Assistance Program, Métis Energy Efficiency Offers, Home Energy Retrofits, and New Homes Program, ultimately making energy efficiency more accessible.



We have rebates on pre-retrofit EnerGuide evaluations!  
Visit [efficiencyMB.ca/home-evaluation](https://efficiencyMB.ca/home-evaluation) to learn more.



## Start your career in energy efficiency

Whether you're passionate about innovation, sustainability, or helping communities, you can find a meaningful career in energy efficiency. Here are some things you can do:

- ➔ Visit Efficiency Canada's job board at [DiscoverEE.ca](https://DiscoverEE.ca) to explore opportunities and take the next step in shaping an energy-efficient future.
- ➔ For more information about available career opportunities at Efficiency Manitoba, check us out at [efficiencyMB.ca/careers](https://efficiencyMB.ca/careers).
- ➔ Stay informed by subscribing to our newsletter at [efficiencyMB.ca/newsletter](https://efficiencyMB.ca/newsletter). You'll hear about all the great work happening in energy efficiency throughout Manitoba.



# TRANSFORMING HOMES, SAVING ENERGY

For Lindsay Robinson, Efficiency Manitoba's Strategic Initiatives Technical Lead, energy efficiency isn't just a professional interest — it's also personal. Even before he started his career at Efficiency Manitoba, Lindsay and his wife Suzanne decided to address their aging home's inefficiencies. And they turned to our Home Energy Retrofits for guidance.

Their Winnipeg home, built in 1905, was charming but had room for improvement when it came to comfort and efficiency.

“It was freezing on the main floor and boiling on the second floor,” Lindsay says.

After a decade of owning the home and tolerating discomfort, inefficient systems, and springtime basement seepage, they decided it was time to act.

Lindsay and Suzanne's first step was getting an EnerGuide evaluation. This gave them insights into how their home uses and loses energy, an energy rating, and a detailed roadmap of suggested upgrades.

Their home received a pre-retrofit rating of 197 GJ (gigajoules). By comparison, a typical new home of a similar size and layout uses only 114 GJ of energy. The renovation upgrade report Lindsay and Suzanne received from their energy advisor helped them create a retrofit plan to lower their energy use and improve their home's efficiency.



## A comprehensive approach

Our Home Energy Retrofits, which help Manitobans make comprehensive whole-home energy efficiency upgrades, was a great fit for the extensive work Lindsay and Suzanne had planned. We provide rebates of \$75 per gigajoule (GJ) saved, with bonuses for exceptional energy savings.

Before completing mechanical upgrades, Lindsay first made building envelope improvements including insulation, an improved air barrier system, and high-performance windows and doors. This is recommended to maximize the benefits of other upgrades — for example, these measures could help lower the cost of a heat pump system by reducing the size of required heating system.

Additional upgrades to their home included a heat pump water heater, LED lighting, and a new cold climate air source heat pump. This efficient heating and cooling solution maintains a steady indoor temperature throughout Winnipeg's varying seasons.

The energy advisor returned to the home once all the upgrades were in place to deliver a post-retrofit EnerGuide home evaluation. The final result? A rating of 56 GJ relative to their starting point of 197 — a 70% reduction in energy use, and even better than a comparable typical new home!

Since completing the project in 2023, Lindsay has noticed significant improvements.

“The thermal comfort of the house is way, way better than it was prior.”

Cold floors and temperature imbalances are now a thing of the past. Lindsay also said their energy bills have gone down significantly, even after adding the cost of charging an electric vehicle. Beyond energy savings and eliminating natural gas use, the retrofit improved the indoor comfort, enhanced their quality of life, and increased the property's long-term value.

LEARN MORE



Ready to start your own energy efficiency upgrades? Come save with us! Learn more about our Home Energy Retrofits and other energy-saving offers at [efficiencyMB.ca/my-home](https://efficiencyMB.ca/my-home).



## What's a gigajoule?

A gigajoule (GJ) measures energy consumption. It's equal to about 278 kilowatt-hours of electricity or the energy from burning 30 litres of gasoline. The lower your home's GJ rating, the more energy-efficient it is!



# ENTER OUR GIVEAWAY

You can win one of six prize packs, which will include a smart thermostat, other energy saving devices, and Efficiency Manitoba merchandise!

There are three ways to enter for your chance to win:

- 1 Sign up for one of our newsletters: energy efficiency for your home or energy efficiency for your business.
- 2 Like us on Facebook.
- 3 Follow us on Instagram.



Scan this QR code to enter our giveaway or go to [efficiencyMB.ca/giveaway](https://efficiencyMB.ca/giveaway).



Prizes provided by Google, The Home Depot Canada, Leviton, and Hubspace.

## CONNECT WITH US

### Give us a call:

Winnipeg: 204-944-8181  
Toll free: 1-844-944-8181

### Send us an email:

[energyteam@efficiencyMB.ca](mailto:energyteam@efficiencyMB.ca)

### Visit our website:

[efficiencyMB.ca](https://efficiencyMB.ca)

### Follow us on social media:



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