



Cook Up Some Energy Savings This Holiday Season

Keep your cool this holiday season by following these simple cooking tips to reduce your energy consumption in the kitchen:

- Since turkeys and hams typically are slow roasted for hours, there's no need to preheat your oven, even when the recipe suggests it.
- Cook several items at the same time. Just make sure to leave enough room for the heat to circulate around each dish.
- Don't open the oven door to take a peek at what's cooking inside. Instead, turn on the oven light and check the cooking status through the oven window. Opening the oven door lowers the temperature inside—by as much as 25 degrees—which increases cooking time and wastes energy.
- When cooking on top of your range, match the size of the pan to the heating element. More heat will get to the pan and less will be lost to the surrounding air.
- Clean burners and reflectors provide better heating, while saving energy.
- Slow cookers (crock-pots) also are an efficient option. In fact, they can cook a whole meal for about 17 cents worth of electricity.

- Electric skillets can steam, fry, sauté, stew, bake or roast a variety of food items – and some can double as serving dishes.
- Use a toaster oven when baking or broiling small food items; they use a third of the energy of a bigger oven.
- Skip the oven this year and take your turkey to the grill. Roasting your turkey on the grill makes for a delicious meal while keeping the house from heating up.
- Use the microwave for smaller side dishes and desserts, if possible, to limit the time you need to run the oven. Fast and efficient microwave ovens use up to 50 percent less energy than conventional ovens.
- Consider using the self-cleaning feature immediately after using your oven to take advantage of the residual heat.
- Replace the light bulbs in your dining room chandelier and fixtures with energy efficient compact fluorescents (CFLs). These days they come in a variety of shapes and wattages, so your home can be stylish and efficient.



OUC Half Marathon & 5K

Work off that Thanksgiving dinner by lacing up your running shoes for the OUC Half Marathon and 5K on Saturday, December 3. More than 3,500 runners are expected to participate in the annual Downtown Orlando event that has become one of the Southeast's top road races. The course winds around beautiful Lake Eola and features live music and a Finish Line Fiesta after the race.

The half marathon will start at 7 a.m., and the 5K will go off at 7:15 a.m. To register, go to www.ouc.com/half.

Race benefits include bag check, post-race refreshments at the Finish Line Fiesta and D-Tag timing by ChronoTrack Systems. All runners will receive a race T-shirt, and all finishers will receive a commemorative race medal. Proceeds will benefit the Florida Citrus Sports MVPs, which help Central Florida's at-risk youth through educational initiatives.



OUC Launches Campaign to Stop Utility Theft



OUC has teamed up with Florida State Attorney Lawson Lamar and Crimeline to launch a public service campaign to increase awareness about the dangers of utility theft.

Utility theft costs more than just the price of the stolen electricity or water. When thieves attempt to steal utilities, it can result in fire, flooding, property damage, hazardous conditions, injuries and even death.

Illegally obtained utilities increase rates for everyone, and unauthorized use of utilities or tampering with utility equipment is a crime and punishable by fines and/or prison time.

Help prevent injuries and increased rates due to utility theft by reporting suspicious behavior to **407.384.4019**. For more information on utility theft, visit www.ouc.com.



Help Someone in Need through Project Care

This time of year can be especially difficult for families struggling to make ends meet. But with your support, OUC's **Project Care** can help by providing emergency assistance to those in our community who have experienced a recent personal or family crisis that has placed them in danger of losing their utility service. For every \$1 you donate to **Project Care**, OUC will contribute \$2 to the program.

Since its inception in December 1994, **Project Care** has raised more than \$2 million and helped thousands of families and individuals. With your help, this program will continue to assist our neighbors in need.

Go to www.ouc.com to donate or call **407.957.7373**. If you are an OUC customer who needs assistance, please call United Way 2-1-1 at **211**.



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