

# IQAP INSIGHTS

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## LEARN

This time of year brings family and friends together to enjoy a homecooked meal. Before the cooking starts, clean your burner pans and oven. Blackened and dirty ovens reduce efficiency by absorbing heat and increasing cook times. The leftover burnt food can also affect the flavor of the dish.

Remember, major holidays (e.g., Christmas Day and New Year's Day) and weekends are lower-priced, off-peak hours.

## ACT

- Find recipes that use low-energy appliances, such as microwaves, crockpots, toaster ovens or even no-bake options like the protein balls below.
- Before turning on the oven or stove, chop and prepare all food to save appliance energy.
- Cook side dishes together if they require similar oven temperatures.
- Turn off electric ovens five to 10 minutes before the dish is done. Leftover heat will finish the dish.
- Consider turning down the thermostat when cooking and hosting.

## FIND OUT MORE

- The Colorado Affordable Residential Energy (CARE) program offers energy efficiency/weatherization upgrades. Eligible improvements are free for income-qualified homes (even if you rent). Learn more at [energyoutreach.org/care](http://energyoutreach.org/care).
- Learn where to drop off your tree after the holidays at [fcgov.com/christmastree](http://fcgov.com/christmastree).

## NO-BAKE PROTEIN BALLS

- 1 cup old-fashioned oats
- 1/2 cup peanut butter
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 teaspoon vanilla extract
- Optional: 1/2 cup raisins or dried cranberries and 1/2 cup ground flax seed



Mix all ingredients in a bowl. Cover and refrigerate dough for 30 minutes. Remove dough and roll into 1-inch diameter balls. Enjoy!



## OUR GIFT TO YOU

This season, Fort Collins Utilities is giving all active IQAP participants a utility bill credit for \$12.45. You will notice this credit on your December bill titled "Solar Prog Credit". Please contact us at 970-212-2900 if you have any questions. Happy Holidays!

Esta información sobre el programa "Income-Qualified Assistance Program", que ofrece una tarifa de luz y agua a descuento, puede ser traducida, sin costo para usted, 970-212-2900.

### NEED HELP?

Email [utilitiesaffordability@fcgov.com](mailto:utilitiesaffordability@fcgov.com) or call 970-416-2032. Access this information anytime at [fcgov.com/IQAP-Insights](http://fcgov.com/IQAP-Insights). [fcgov.com/IQAP](http://fcgov.com/IQAP) | [utilitiesaffordability@fcgov.com](mailto:utilitiesaffordability@fcgov.com) | 970-212-2900  
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