# How much is a kilowatt-hour?

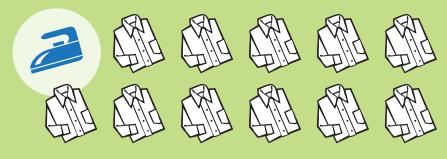
Electricity helps us perform everyday tasks such as cooling our homes and cooking meals. Here's a quick guide to what one kilowatt-hour of electricity will do for you:



The IESO balances the supply of and demand for electricity in Ontario and then directs its flow across the province's transmission lines.

## Brew 90 cups of coffee

#### Iron 11 shirts



### Surf the web for **five** hours



#### Blow dry your hair three times

Bake one birthday cake



The typical Ontario household uses between 800 and 1000 kWh a month, often more in the summer when air conditioners are running. You can see changes in the province's demand for electricity throughout the day at the IESO web site at www.ieso.ca/demand

THE SMALL PRINT: Electricity consumption varies by appliance model and use. You can use a plug-in energy meter to find out exactly how much energy your appliances use.