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Spring/Summer 2025

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Natural Gas
THE SMART CHOICE



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Landscaping for efficiency

How to reduce energy consumption and increase your home's curb appeal

By Tonya McMurray

Homeowners most often think of landscaping as an aesthetic undertaking, but it can also be one of the best long-term investments to help reduce heating and cooling costs and extend the savings generated by your natural gas appliances.

Strategically placing trees, shrubs, vines, grasses and hedges can play a significant role in reducing energy consumption, according to the National Renewable Energy Laboratory.

Carefully planned landscaping can protect your home from winter winds and summer sun, reducing winter heating bills by as much as 25% and summer cooling costs by 50% or more, according to the Colorado State University (CSU) Extension office.

Computer models designed by the U.S. Department of Energy estimate that proper placement of only three trees will save an average household between \$100 and \$250 in annual energy costs. Studies by the Lawrence Berkeley Laboratory found daytime air temperatures to be 3 degrees to 6 degrees cooler in tree-shaded neighborhoods.

PLANT A TREE

The key to landscaping for energy savings is to position landscape elements in ways that maximize shade, reduce heat absorption and

Strategically placing trees, shrubs, vines, grasses and hedges can play a significant role in reducing energy consumption

— National Renewable Energy Laboratory

enhance natural cooling. Deciduous trees, which lose their leaves in winter, serve a dual purpose of shading your home during summer months and allowing sunlight through to heat it during winter months.

The CSU Extension office recommends planting deciduous trees on the south and west sides of your home to protect from the harshest sun during the summer. Evergreen trees and shrubs planted on the north and northwest sides of the house act as windbreaks, helping reduce winter winds. A lattice or trellis with climbing vines can help shade a home's perimeter while allowing cooling breezes in the shaded area.

Shrubs planted close to your home will help create an extra layer of insulation while groundcovers can reduce the heat reflected from the ground.

Native plants adapted to your region's climate will require less water and maintenance, saving even more money. ■



Which is better? Gas, electric or both?

Study: Gas is better than electricity for home appliances

By Drew Robb

People debate endlessly about which came first, the chicken or the egg? They ponder who was the greatest-ever basketball player, Kobe or Jordan? They argue about what is the ultimate ice cream flavor, cookies and cream or rocky road? And from time to time, they ponder which is better, gas or electric appliances?

The last one, at least, appears to have been settled by a new study. The American Gas Association (AGA) compared energy usage and emissions for new construction homes for gas, electric and hybrid arrangements and detailed the findings in a report titled Building for

Efficiency: Home Appliance Cost and Emissions Comparison.

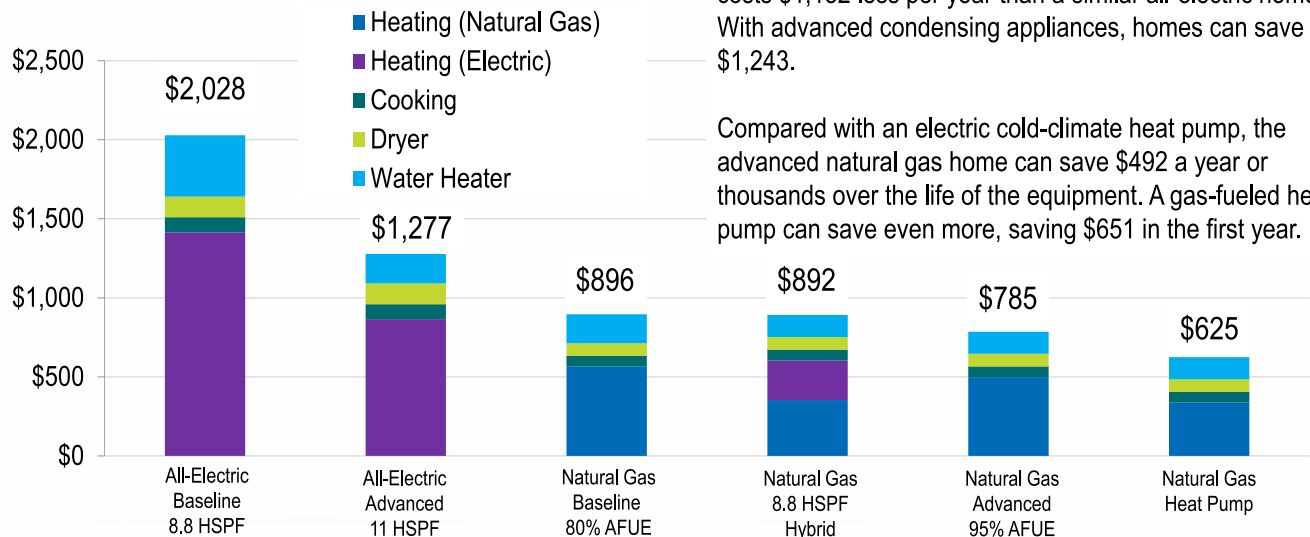
No stone was left unturned as researchers delved into every aspect of cost as well as the greenhouse gas emissions (GHGs) produced by heating appliances in new homes. The conclusion? Direct natural gas use for home heating is the lowest cost and lowest emissions option that consumers have been looking for.

“Builders and homeowners are choosing high-efficiency gas appliances where they can, and those choices are leading to reduced GHGs and energy cost savings,” said Karen Harbert, president and CEO of AGA.

Natural gas households typically have the lowest energy costs compared with similar electric configurations.

Annual Energy Costs for Gas or Electric Uses

Dollars per Year



Key Takeaways

A single-family home with standard natural gas appliances costs \$1,132 less per year than a similar all-electric home. With advanced condensing appliances, homes can save \$1,243.

Compared with an electric cold-climate heat pump, the advanced natural gas home can save \$492 a year or thousands over the life of the equipment. A gas-fueled heat pump can save even more, saving \$651 in the first year.

92% of all centrally-ducted electric heat pumps have an HSPF below 9.2

Most (75%) new natural gas homes currently install with a high-efficiency furnace.

Natural gas households typically have the lowest energy costs compared with similar properties operating wholly on electricity. The savings can add up to thousands of dollars per year.

To eliminate bias, the AGA relied on data gathered from the U.S. Department of Energy, U.S. Energy Information Administration and National Renewable Energy Laboratory's Cambium Database. Using this publicly available data, the study examined a variety of home appliance options, including natural gas heat pumps. The study evaluated home energy performance against a few factors, such as building design, heating, ventilation and cooling systems. Climate conditions from region to region were also considered in the report's calculations.

Those choosing natural gas can expect to save \$1,132 per year in a standard natural gas home compared to their all-electric equivalents. That number would increase to \$1,243 annually if condensing appliances are used. If upgraded natural gas appliances are utilized, a homeowner would realize \$492 annually in savings compared to an electric cold-climate heat pump. Although all electric options can save

"Builders and homeowners are choosing high-efficiency gas appliances where they can, and those choices are leading to reduced GHGs and energy cost savings."

— Karen Harbert, president and CEO, American Gas Association

building costs, they will result in higher operating costs.

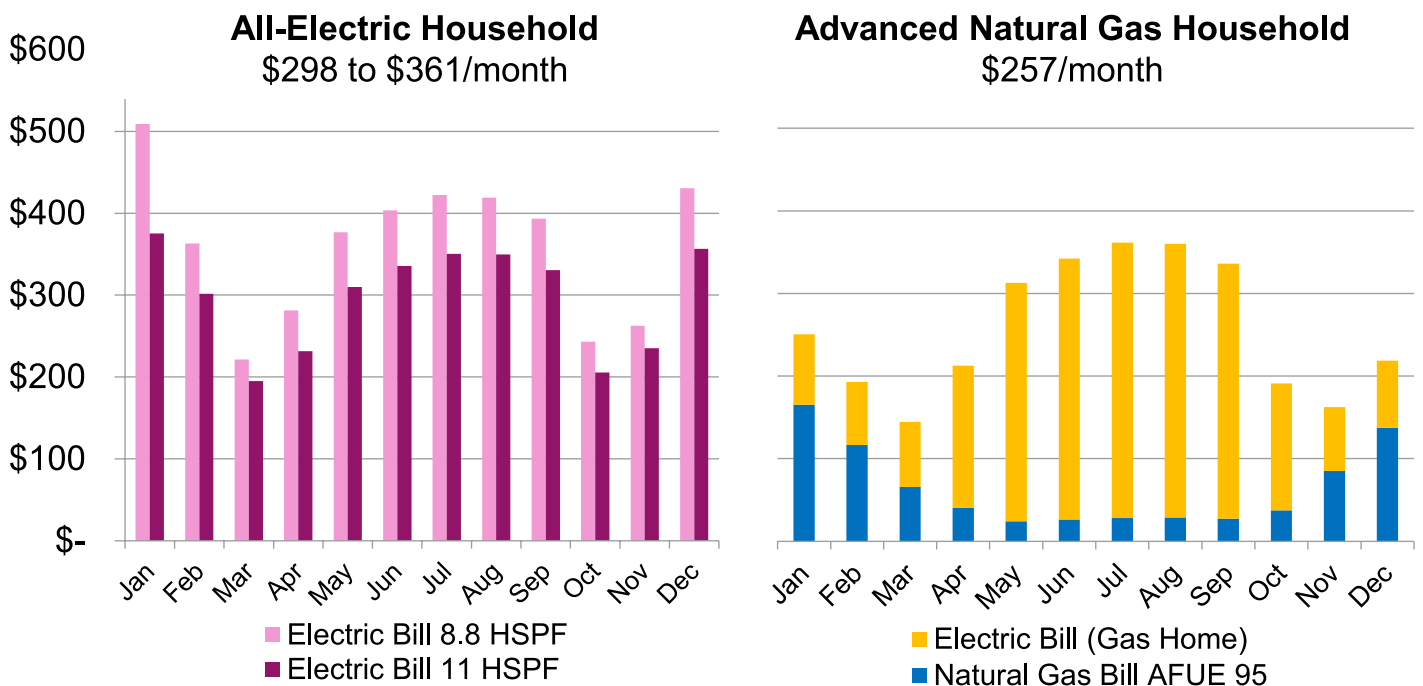
No wonder consumers show a strong preference for high-efficiency, condensing gas furnaces compared to their electrical counterparts. When it comes to new construction, these advanced gas heating appliances are favored by three-quarters of the market. Further, when homes have access to natural gas, no natural gas appliances are found in only 16% of homes.

GAS IS BETTER FOR THE ENVIRONMENT

But it isn't just on the financial front that gas appliances excel. The AGA study also considered emissions. It found that new homes

Monthly Energy Costs for All End Uses

Dollars per Month



The AGA study found that new homes with all-electric appliances were hit with monthly winter bills that were more than \$200 higher than natural gas households during the winter months. All-electric homes in cold climates saw slightly lower summer bills (\$10-\$20) compared to natural gas homes. Overall, annual operating costs are between \$491 and \$1,243 lower in a natural gas house. Those choosing natural gas can expect less utility price volatility each month, far lower winter bills, and to pay less each year than electric homes.

COURTESY OF THE AMERICAN GAS ASSOCIATION

that install high efficiency natural gas appliances can expect to reduce GHGs by 17% compared to a similar all-electric household. When compared to a home using a cold-climate heat pump, emission reductions for the gas home can equal or exceed that of a home using a cold-climate heat pump. The gas home will also reduce lifetime costs by thousands of dollars.

Those opting for renewable natural gas (RNG) are going to experience even greater environmental gains. According to an AGF Renewable Sources of Natural Gas Study, using 1 unit of RNG can offset 96% of the emissions from conventional natural gas. Although RNG is

“Natural gas and innovative technologies like RNG are critical to delivering efficient, reliable and cost-effective energy to homes now and in the future,”

— Harbert

more expensive than conventional natural gas, it is lower cost than grid-based electricity. It is fast becoming the go-to option for homeowners intent on minimizing their carbon footprint.

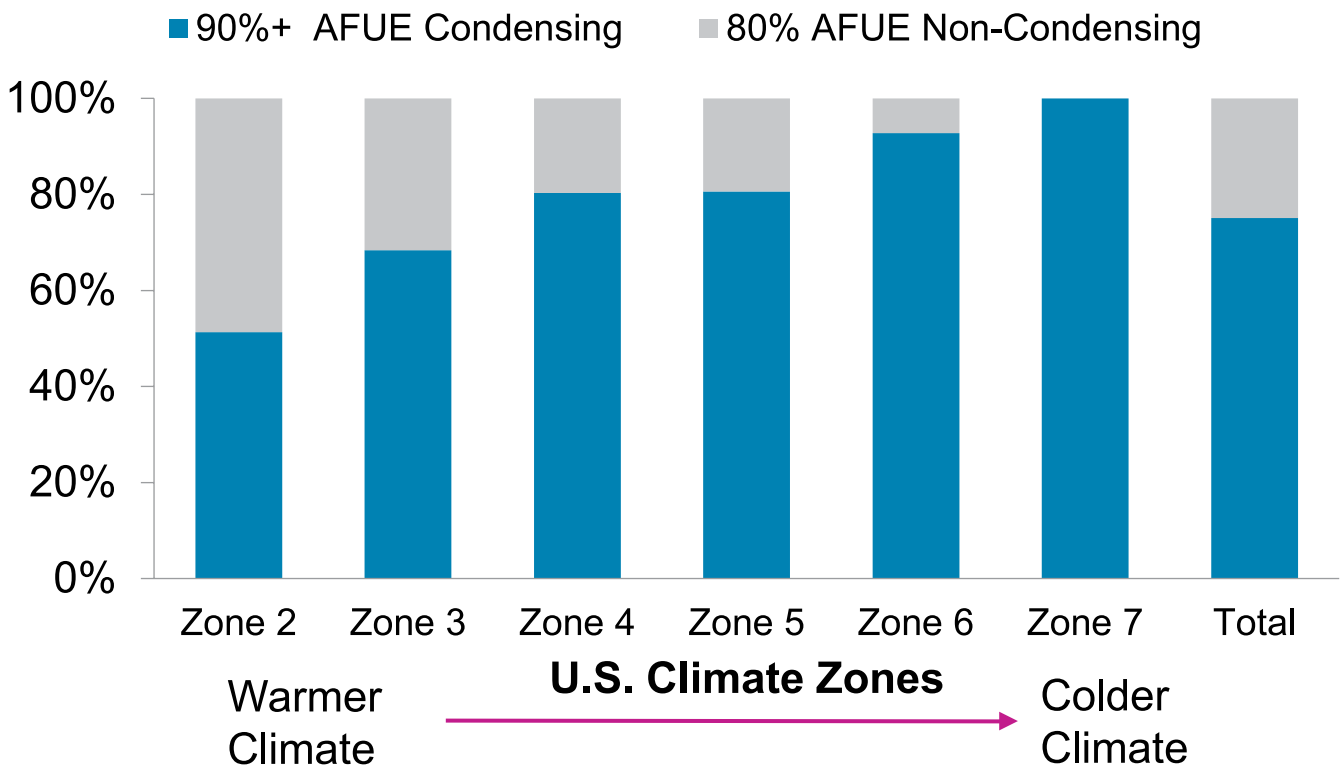
“Natural gas and innovative technologies like RNG are critical to delivering efficient, reliable and cost-effective energy to homes now and in the future,” Harbert said. ■

COURTESY OF THE AMERICAN GAS ASSOCIATION

Natural Gas Furnaces

Installed base by efficiency/product class

75% average condensing installation rate for new homes and businesses. 90% or more in the coldest climates.

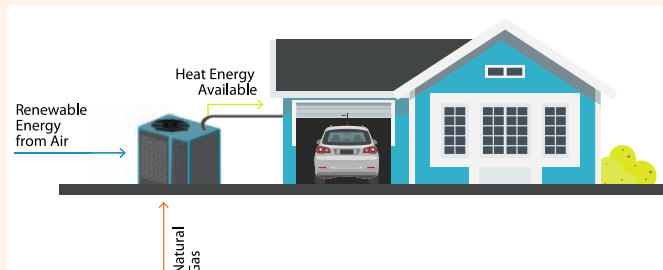


Outside of the Southern United States, new homes install natural gas appliances at a rate five times higher than electric. There is a 75% natural gas furnace installation rate for new homes and businesses and that rises to 90% or more in the coldest climates.

NEW SOLUTIONS ON THE HORIZON

Natural gas appliances have been around for a couple centuries. Yet innovation continues at a rapid rate.

Gas heat pumps are a great new method of space heating, cooling and water heating. They work by extracting heat from outside of a facility and transferring it to its interior. This process can also be reversed to create a cooling effect. When outside air is pulled into the system, fans are used to pull warmth from the air. The combustion of natural gas adds to ambient heat and is pumped into the home. Innovative appliances like natural gas heat pumps not only cost less to operate than electric heat pumps, but they also produce lower emissions than all-electric homes.



Natural gas heat pumps extract heat from the outside air and combine it with energy produced through natural gas combustion to provide ample heating and cooling for an entire household.

Hybrid solutions are also available that combine electric heat pumps with a gas furnace. In areas where temperatures are frequently changing, such units may make sense as the owner can change from one mode to another to obtain the lowest energy costs and the most effective form of heating and cooling.

MAKING NATURAL GAS EVEN MORE ENVIRONMENTALLY FRIENDLY

Natural gas is a far more environmentally friendly source of energy than coal, oil or electric. Work is being done on several fronts to further improve the emissions credentials of natural gas. Chief among them are hydrogen blends and renewable natural gas (RNG).

Blending hydrogen with natural gas is one approach that is growing in popularity. If hydrogen is available locally, some facilities blend small amounts of it with natural gas. A 20% hydrogen blend might lower carbon emissions by up to 10%.

Also known as biomethane, RNG is biogas that has been upgraded for use in place of conventional natural gas. It is

produced from sources such as livestock farms, municipal solid waste landfills, wastewater treatment plants, and from the waste products of food production.

For example, the Full Circle Dairy renewable natural gas facility in Lee, Florida, opened in 2024. Its annual RNG production captures and redirects more than 1,100 metric tons of methane per year into a renewable energy source. This is the emission reduction equivalent of powering 3,500 homes for a year. The RNG is transported by Chesapeake Utilities Corp.'s subsidiary Marlin Gas Services to an injection point in Yulee, Florida, and distributed to customers in Nassau County, Florida.

"The Full Circle Dairy RNG facility turns dairy manure into pipeline-quality RNG," said Justin Stankiewicz, director of business development – pipelines, virtual pipelines and renewables at Chesapeake Utilities. "People overwhelmingly support RNG because it offers a sustainable way to turn waste products into low-emission energy to power people's daily lives."

In addition, this facility helps Full Circle Dairy reduce carbon emissions generated via farming. This is accomplished using a natural process without the addition of any synthetic chemicals. In addition to creating renewable energy, water quality is upgraded by reducing the amount of phosphate and nitrogen in the fertilizer byproduct that is used by the farm to grow feedstock.

"Converting manure into renewable energy benefits the farmer, the local community, the environment, and the homes and businesses who consume the energy," Stankiewicz said.



Full Circle Dairy in Lee, Florida, produces renewable natural gas that is distributed by Chesapeake Utilities Corp. customers in the region.

COURTESY OF CHESAPEAKE UTILITIES CORP.

PHOTO COURTESY OF CHESAPEAKE UTILITIES CORP.







Enjoying the outdoors

Back yard designs? Natural gas offers flexibility, ambiance and efficiency

By Tonya McMurray

Consumers are increasingly looking for multipurpose outdoor spaces that feel like an extension of their homes.

“With the rising cost of living space, many homeowners are seeking to maximize their outdoor areas, creating versatile spaces for year-round entertaining,” said Krystal Budde, operations coordinator for Burnaby Manufacturing Ltd. “By incorporating smart design elements and dependable products, homeowners can turn their backyards into customized retreats that combine style and functionality.”

Patrick Jardini, president of American Gas Works LLC, said creating a backyard for maximum enjoyment starts with a focus on both comfort and functionality.

“A comfortable atmosphere is essential,” he said. “Features like gas heaters and fire pits provide warmth during cooler months while adding a cozy ambiance. Proper lighting is equally important, extending the usability of your outdoor space into the evening while enhancing safety and mood.”

Jardini recommends organizing your yard into zones for dining, lounging and entertaining to help define spaces and make them more functional.

Budde agreed noting that thoughtful design that incorporates lighting, comfortable furniture and seamless integration of firepits, heaters and outdoor kitchens can provide a welcoming space that can serve multiple purposes.

“With the rising cost of living space, many homeowners are seeking to maximize their outdoor areas, creating versatile spaces for year-round entertaining. By incorporating smart design elements and dependable products, homeowners can turn their backyards into customized retreats that combine style and functionality.”

**— Krystal Budde, operations coordinator,
Burnaby Manufacturing Ltd.**



Burnaby Manufacturing's gas plugs offer an added level of convenience and safety for outdoor design. The convenience outlet provides a plug similar to an electrical outlet that allows homeowners to simply plug in gas grills, patio heaters, lights and other appliances. Once installed, the outlets offer significant flexibility in the placement of outdoor appliances. A flexible hose allows homeowners to move appliances around the patio or yard. Burnaby also provides emergency stops and timers to enhance safety.

"Our gas plugs are game-changers for outdoor design," Budde said. "They provide a seamless, secure connection for natural gas appliances, which not only ensures uninterrupted use of appliances but also enhances safety by reducing tripping hazards from hoses."

portant in extending the use of outdoor spaces, serving both functional and aesthetic purposes. Jardini said lighting can help accentuate landscaping, architectural details or focal points such as fire pits and water features while also illuminating walkways, stairs and seating areas to increase safety.

"Lighting is evolving with layered designs that combine path lighting, accent lights and hanging fixtures to create a more immersive outdoor experience," he said. "By layering different types of lighting, you can achieve a balance between functionality and style, transforming your backyard into a space that is both practical and beautiful."

ECO-FRIENDLY DESIGN

More consumers are opting for eco-friendly design by incorporating sustainable materials and energy-efficient appliances, Budde said.

"Additionally, we're seeing a rise in minimalist, modern aesthetics with clean lines, integrated gas outlets and smart home technology to control lighting and appliances," she said.

Jardini said consumers are also investing in high-quality, American-made products like those offered by the veteran-owned American Gas Works.

Natural gas appliances play a key role in eco-friendly design, offering a fuel source that is reliable, cost-effective and clean burning.

"Natural gas is a reliable and constant fuel source that eliminates the hassle of refilling propane tanks or dealing with electrical outages," Jardini said. "It is also a cost-effective and environmentally friendly option, burning cleaner than many other fuel sources. With natural gas, you can enjoy instant flames and heat, making it an ideal choice for fire pits, heaters and outdoor cooking."

Budde agreed. "Natural gas offers a cost-effective and eco-friendly energy source which also will not break the bank for homeowners," she said. "It's also safer, as professional installations reduce the risk of leaks compared to portable propane options. Plus, natural gas appliances start instantly and deliver even performance, enhancing the overall outdoor experience." ■

YEAR-ROUND USE

Both Budde and Jardini note that they have recognized a trend in homeowners wanting to extend the outdoor season.

"There's a growing emphasis on year-round use with homeowners incorporating natural gas heaters, fire pits and covered areas to extend the usability of their backyards through all the seasons," Jardini said. "Outdoor kitchens featuring gas grills and stovetops are becoming increasingly popular, making alfresco dining more convenient and enjoyable."

Outdoor lighting is im-



PHOTO COURTESY OF BURNABY MANUFACTURING LTD.

Gas plugs add safety and convenience for natural gas appliance, allowing for flexible design of outdoor spaces.

GOING FOR A SWIM?

Whether you're looking to entertain friends, host a pool party or just enjoy warmer weather, swimming pools provide hours of fun. But in cooler climates or during spring and fall months, temperatures often make the water too cold without a pool heater.

Natural gas pool heaters warm water quickly and help maintain a consistent temperature regardless of weather or climate, making them the most popular system for heating pools, according to the U.S. Department of Energy (DOE).

Gas pool heaters use a combustion chamber that generates heat that transfers to the water as its pumped through a filter to the heater. Gas pool heaters are rated by British thermal units (Btus) with heat outputs ranging from 75,000 Btus to 450,000 Btus.

FINDING THE RIGHT SIZE

Pool heaters are sized based on the surface area of the pool and the difference between the pool temperature and average air temperatures while accounting for factors such as wind exposure, humidity levels and night temperatures, according to the DOE. This means pools in windy areas or where there is lower humidity or cooler nights will need a larger heater.

The DOE offers the following formula for determining the approximate heater size for an outdoor pool:

1. Determine the desired pool temperature. (For example, 75 degrees.)
2. Determine the average temperature for the coldest month of pool use. (For example, 58 degrees.)

3. Subtract the average temperature for the coldest month of pool use from the desired pool temperature to get your temperature rise. (For example, $75 - 58 = 17$ -degree temperature rise.)

4. Calculate the pool surface area in square feet. (For example, 600 square feet.)

5. Determine the Btu/hour output requirement by multiplying the pool area by the temperature rise by 12. (For example, $600 \times 17 \times 12 = 122,400$ Btu/hour.)

Homeowners will want to consider a pool heater's efficiency rating to ensure they are getting the best value. The DOE estimates that a heater with a 95% efficiency rating will save \$109 for every \$1,000 in fuel costs as opposed to a heater with 80% efficiency.

Adding a pool cover can save even more money. The DOE estimates that operating a pool year-round in Miami with a temperature of 80 degrees costs \$3,880 annually without a pool cover but drops to \$796 per year with a pool cover.

In a cooler climate such as Boston, Massachusetts, the DOE estimates that operating a pool heater from May 1 through August 31 with a temperature of 80 degrees will cost \$2,856 yearly without a pool cover compared to \$447 annually when a pool cover is used. Cost estimates are based on a 1,000-square-foot pool heated with an 80% efficient natural gas heater at \$1.09 per therm and uncovered for eight hours a day.

To maximize the efficiency of your pool heater, the DOE recommends using a qualified pool professional to install the heater and perform annual maintenance. ■

A natural gas pool heater can help extend the pool season, allowing you to enjoy your pool into the fall season.



Let's go shopping ...

... for a natural gas grill

By Monica Stavish Skaggs

There's nothing like the tempting aroma of sizzling steaks and assorted veggies on a gas grill in the summertime.

Affordable and convenient, natural gas grills take center stage, making outdoor grilling one of America's favorite pastimes. Natural gas is an eco-friendly fuel source that offers fast cooking times and lower fuel costs. Unlike grills that use charcoal, you never have to worry about not having a big enough bag to turn out a delicious meal. Also, natural gas appliances can operate even if you lose electricity.

Cooks love their gas grills, making them the most widely-owned type of grill in the United States, according to Consumer Reports, an independent, nonprofit organization that tests and rates various products. As outdoor kitchens grow in popularity, the most important element is the gas grill.

Besides being reliable, affordable and abundant, natural gas is the cleanest fossil fuel available. And because it's a high-energy density fuel, there's less waste. For the cook, gas grills provide faster cooking times, greater control over temperature, and immediate and visual heat.



Cooks love their gas grills, making them the most widely-owned type of grill in the United States.

— Consumer Reports

Large gas grills can cost from \$500 to \$3,000 and have larger cooking surfaces. Many feature mirror-polished stainless steel and have LED light displays, drawers, extra storage areas and upscale burners. They may also have extended warranties.

When considering grill size and price, consumers should also look at the quality of construction and heat output. Higher British thermal unit (BTU) ratings indicate more heat for cooking.

Other considerations include heat intensity, the ability to grill different foods evenly and at the same time, and temperature range to help determine versatility of the grill. Buyers should pay close attention to quality of construction, opting for a sturdy frame that can withstand regular use. It's also a good idea to choose a grill with burner warranties.

With so many gas grills to choose from, consumers are advised to do their research. Consumer Reports tests different models and makes its findings available online. An informed buying decision will result in years of great outdoor grilling with your natural gas grill. ■



SELECTING YOUR GAS GRILL

When shopping for a gas grill, consumers should first consider the size of their yard or area where the grill will be located. Also think about the number of people you'll be cooking for when picking out a new grill. Gas grills come in all sizes and typically have two to six burners, according to Consumer Reports.

The range of sizes includes portable gas grills that are great for small patios and decks. Many feature wheels and carts for mobility. Portable models without wheels are good for countertop usage.

Small, nonportable gas grills are another option for small spaces. Most have shelves that fold down so they can be easily stored. Prices begin around \$100.

Midsized grills with basic cooking features are the most common. These go all the way up to elaborate versions with features such as specially-lit knobs for cooking in the dark. The price range: \$150 to upwards of \$3,000.



Don't break the bank

Leasing equipment offers cost-saving alternative to buying

By Monica Stavish Skaggs

Property owners in search of comfort, affordability and easier living are making an innovative choice. They're deciding to lease heating, ventilating and air-conditioning (HVAC) systems, water heaters, standby generators and other major equipment instead of purchasing.

Instead of paying thousands of dollars upfront and then being hit with expected — and unexpected — maintenance and repair costs, many property owners are turning to companies that offer a predictable, monthly payment for an all-inclusive service. It's quickly becoming the latest trend for heating, cooling and plumbing systems.



For example, Comfort Connect™ offers a convenient option, the Premier Program®, for home and property owners that bundles new, high-efficiency equipment with long-term service and maintenance, plus affordable payments – allowing them to ensure consistent comfort throughout their home or dwelling.

The program is aimed at property owners of single-family homes, townhomes and condominiums who may be facing a large repair or replacement decision on older equipment or want to upgrade to a new system. It also appeals to property owners of non-owner-occupied dwell-

ings (multifamily apartments, single-family rentals, student housing and senior living complexes) who want a planned replacement program.

Consumer benefits include not having to spend a lot of money upfront and having regular maintenance and repairs done by the equipment owner.

“The Premier Program has been a game-changer for multifamily property owners,” said Jon Carman, senior vice president, sales training at Comfort Connect. “By eliminating upfront costs and simplifying equipment maintenance and repairs, we’ve helped owners preserve capital, reduce stress and provide tenants with reliable comfort – all while improving their bottom line.”

Based in Bethesda, Maryland, Comfort Connect is a financial technology company that partners with and trains home services contractors to provide the Premier Program to their customers throughout the United States. The Premier Program is offered via independent contractors through a complete portfolio of home comfort products, including HVAC systems, water heaters, water purification systems and standby generators. Homeowners receive energy-efficient equipment — all wrapped into an affordable monthly payment — without having to maintain the systems themselves.

CONVENIENCE AND PEACE OF MIND

Here's how the Premier Program works. It begins with installing the latest energy-efficient systems tailored to the needs of the homeowner

or property manager. Ongoing care and hassle-free maintenance features regular upkeep that is automatically handled by the contractor, including routine maintenance, filter changes and warranty-required servicing.

Priority repairs are made at no extra cost, and if something goes wrong, the customer receives top-notch service. There are no trip or labor fees or charges for parts.

The service comes with an all-in-one monthly payment. Everything is bundled including the new system, maintenance and service. The customer gains peace of mind with no surprises.

“For property owners, it all comes down to three things: cash flow, convenience and complete peace of mind,” said Anuj Khanna, Comfort Connect’s founder and CEO. “The Premier Program delivers on all fronts, making it effortless to manage properties while providing tenants with unmatched comfort and reliability.”

“For property owners, it all comes down to three things: cash flow, convenience and complete peace of mind. The Premier Program delivers on all fronts, making it effortless to manage properties while providing tenants with unmatched comfort and reliability.”

**— Anuj Khanna, founder and CEO,
Comfort Connect™**

The company strives to deliver complete home comfort and brand new, high-efficiency systems while lowering utility bills and providing all maintenance. At the same time, if anything does go wrong with a system, Khanna said, “it’s taken care of free of charge, other than the monthly payment.

“Most homeowners, in our experience and research, don’t think about the utility box sitting outside their house,” he added. “They just want to be comfortable on the inside. From a contractor’s perspective, there is significant value from vendors who partner with them to provide programs and services that can provide a new experience to the homeowners while impacting customer retention and future growth.”

Today’s evolving economy “is reshaping how property owners approach their investments,” Carman said. “People are prioritizing financial flexibility and long-term reliability, looking for solutions that ensure their systems are well-maintained and always working — without the hassle or risk of big upfront costs. The Premier Program was built to meet those changing expectations.

“More than a financial solution, the Premier Program is a step toward sustainability,” he continued. “By accelerating the adoption of high-efficiency systems and ensuring they are properly maintained, we help property owners reduce costs, enhance their comfort and support a greener future.” ■

EFFORTLESS COMFORT, HAPPY TENANTS



THE PREMIER PROGRAM

Eliminate capital investment and operational burdens by bundling high-efficiency equipment, installation, maintenance, repairs, and consumables into a predictable low monthly payment.

PROPERTY TYPES

- MULTI-FAMILY
- SINGLE FAMILY RENTALS
- STUDENT HOUSING
- SENIOR LIVING



EQUIPMENT TYPES

- AC UNITS
- FURNACES
- HEAT PUMPS
- WATER HEATERS
- GENERATORS



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Streamlined equipment management so you can spend less time on maintenance and more on the rest of your property's needs.

Take the first step toward upgrading to worry-free systems today.



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Comfort Connect™ offers a convenient option, the Premier Program® for home and property owners that bundles new, high-efficiency equipment with long-term service and maintenance, plus affordable payments — allowing them to ensure consistent comfort throughout their home or dwelling.

GRILLED CARIBBEAN-SPICED PORK TENDERLOIN WITH PEACH SALSA

Prep Time 15 min

Cook Time 20 min

Yield 4 servings (1-1/3 cups salsa)

INGREDIENTS

3/4 cup chopped peeled fresh peaches
 1 small sweet red pepper, chopped
 1 jalapeno pepper, seeded and chopped
 2 tablespoons finely chopped red onion
 2 tablespoons minced fresh cilantro
 1 tablespoon lime juice
 1 garlic clove, minced
 1/8 teaspoon salt
 1/8 teaspoon pepper
 2 tablespoons olive oil
 1 tablespoon brown sugar
 1 tablespoon Caribbean jerk seasoning

1 teaspoon dried thyme
 1 teaspoon dried rosemary, crushed
 1/2 teaspoon seasoned salt
 1 pork tenderloin (1 pound)

DIRECTIONS

- 1 In a small bowl, combine the first nine ingredients; set aside. In another small bowl, combine the oil, brown sugar, jerk seasoning, thyme, rosemary and seasoned salt. Rub over pork.
- 2 Grill, covered, over medium heat for 9-11 minutes on each side or until a thermometer reads 145°. Let stand for 5 minutes before slicing. Serve with salsa.

SOURCE: TASTE OF HOME.COM



GRILLED CAULIFLOWER STEAKS

Prep Time: 10 min

Cook Time: 20 min

Yield: 4 servings

INGREDIENTS

1 medium head cauliflower
 3 tablespoons olive oil
 1 teaspoon kosher salt
 1/2 teaspoon garlic powder
 1/4 teaspoon smoked paprika
 1/4 teaspoon pepper
 1/4 teaspoon crushed red pepper flakes
 1 tablespoon minced fresh parsley

DIRECTIONS

- 1 Preheat grill to 400°. Cut cauliflower through the core into four 1-in.-thick steaks. Brush both sides of cauliflower with oil.
- 2 In a small bowl, combine salt, garlic powder, smoked paprika, pepper and red pepper flakes; sprinkle over cauliflower. Grill over direct heat, 2-3 minutes each side. Move to indirect heat and cook, covered, until tender and edges are lightly browned, 15-20 minutes, turning once halfway through cooking. Sprinkle with parsley.

SOURCE: TASTE OF HOME.COM

