

THE 49TH PARALLEL POWER REPORT

What Canada sends America - and what it means
for your energy bills

7.2 GW

net export right now

96%

5,742,400

houses powered

158 GWh

Based on live cross-border grid telemetry from powertrip.cc

Source: US EIA-930, IESO Ontario, AESO, Open-Meteo

powertrip.cc - live Canada-US electricity tracker

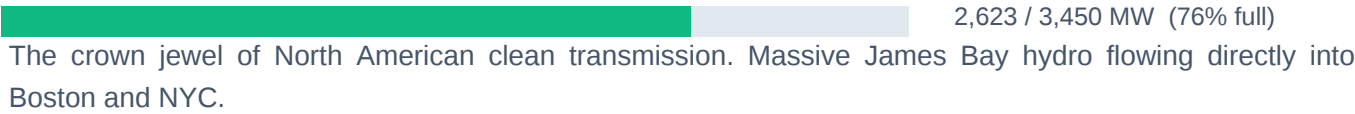
1. The Big Picture

Right now, Canada is exporting 7,178 MW of electricity to the United States - enough to power 5,742,400 North American homes simultaneously. 95.7% of it is clean energy: hydro, nuclear, wind. That's 3,374 tonnes of CO2 avoided every single hour compared to fossil generation.

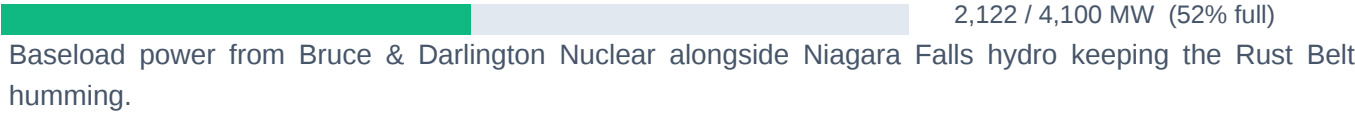
This isn't a rounding error in the North American grid. It is a structural dependency, decades in the making. Quebec's rivers, Ontario's nuclear fleet, BC and Manitoba's reservoirs - they've quietly become the battery and baseload of the northeastern US, the Great Lakes, and the Pacific Northwest.

The corridors, right now

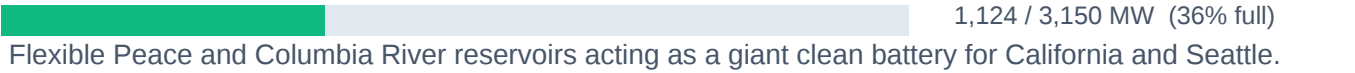
Quebec ? New York & New England



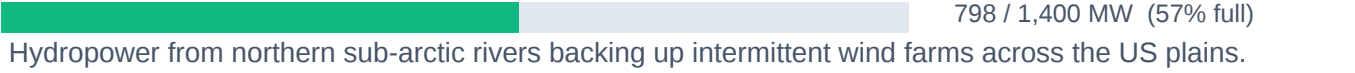
Ontario ? New York, Michigan & PJM



British Columbia ? Pacific Northwest



Manitoba ? Upper Midwest



Alberta & Sask ? Montana



New Brunswick ? Maine & ISO-NE



In dollar terms: at current wholesale prices, this flow is worth roughly US\$354,361 every hour - about US\$8,504,664 per day.

2. Beyond Electricity

Electricity is only the visible part of the energy relationship. Canada is also the largest foreign supplier of crude oil to the US (~4 million barrels/day), a major source of natural gas (~8 Bcf/day by pipeline), the dominant source of uranium for US reactors, and ~79% of US potash imports. The border is less a line than a pipeline junction.

Why the electrons matter most

Oil, gas and uranium are commodities that can be stored and rerouted. Electricity is different: it must be consumed the instant it is produced. The interties crossing the 49th parallel are among the busiest high-voltage trade routes on Earth, and when the Northeast peaks on a winter evening, that power is already committed. There is no spot-market substitute at scale.

3. What It Means for Your Home

Here's the twist: the cleanest grid in North America doesn't lower your bill by itself. The cheapest kilowatt-hour remains the one you never buy. If cross-border clean power keeps regional grids stable, the moves that cut your bill are the ones that cut demand - or shift it to when clean, cheap power is abundant (nights, weekends, midday sun).

The checklist

- **Smart thermostat**

Heating and cooling are ~half of a typical home bill. A smart thermostat that follows time-of-use pricing routinely saves 10-15%. Canadian-built ecobee is the classic pick.

- **Heat pump**

Three to four times more efficient than baseboard or furnace resistance heat - and it pairs beautifully with a clean grid.

- **Level 2 EV charger**

If you drive electric, charging overnight on clean baseload is the cheapest km you'll ever buy. Canadian-made Grizzl-E units are built for winter.

- **Home battery**

Stores cheap off-peak power, backs you up during outages, and turns your home into a grid asset. The grid-anxiety edition of the smart thermostat.

- **Time-of-use plan**

Many utilities offer plans rewarding off-peak use. Combine with the two items above for the biggest effect.

Free tools that do the thinking for you

The energy-saving gear below is handpicked for this audience. If you click and buy, PowerTrip may earn a commission at no extra cost to you - it keeps the lights on (ironically, Canadian ones).

4. Handpicked Home-Energy Gear

The tools below are free to use. PowerTrip may earn a commission if you make a purchase through these links - it keeps the lights on (ironically, Canadian ones).

MONITOR YOUR POWER

Kill A Watt P4400 Plug Meter

The classic ~\$35 first step: plug it in, find the energy hogs in your home.

[View on Amazon ->](#)

Emporia Vue 3 Home Energy Monitor

Whole-home, circuit-by-circuit real-time monitoring from your electrical panel.

[View on Amazon ->](#)

AUTOMATE YOUR SAVINGS

ecobee Smart Thermostat Premium

Built-in Alexa/Siri, air-quality monitoring, time-of-use savings. Canadian-built.

[View on Amazon ->](#)

ecobee Smart Thermostat Enhanced

Same energy-saving core, without the extras. The sweet spot for most homes.

[View on Amazon ->](#)

ecobee3 Lite

The budget pick for renters and simpler systems.

[View on Amazon ->](#)

BACKUP POWER

EcoFlow DELTA 2 (1 kWh)

Silent, fume-free home backup. Pairs nicely with the Blackout Simulator above.

[View on Amazon ->](#)

EcoFlow DELTA 2 Max (2 kWh)

Double the capacity - fridge, freezer, furnace fan, and then some.

[View on Amazon ->](#)

Affiliate disclosure

This report contains affiliate links. If you click and buy, PowerTrip may receive a commission at no extra cost to you. We only recommend products relevant to home energy savings, and we'd link them even without a commission - the checklist above stands on its own.

Data sources: US EIA-930, IESO Ontario, AESO, Open-Meteo. Figures reflect the latest grid snapshot at time of writing. This report is informational, not financial advice.