



Natural Resources Canada Ressources naturelles Canada

Energy Fact Book 2025–2026

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Energy Fact Book 2025–2026



Aussi disponible en français sous le titre : Cahier d'information sur l'énergie, 2025-2026

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Cat. No. M136-1E (Print) M136-1E-PDF (online)

ISSN 2370-3105 ISSN 2370-5027

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Preface

The Energy Fact Book provides **reliable**, **up-to-date statistics and analysis** to support evidence-based dialogue on Canada's energy sector.

Designed for a wide audience—including government, industry, academia, educators, media and the public—this resource aims to bridge technical depth with broad accessibility.

The contents of this publication span a wide array of indicators including energy production and consumption, prices and trade; as well as economic contributions, technology trends and environmental impacts – curated to provide a holistic overview of Canada's energy system.

The Energy Fact Book draws on the expertise of Natural Resources Canada, Statistics Canada, the Canada Energy Regulator and Environment and Climate Change Canada, and **benefits from ongoing collaboration across federal and provincial agencies**, under the scope of the **Canadian Centre for Energy Information**.

Refer to the annexes for definitions, methodology, and notes on data availability and consistency. For questions and comments, contact **energyfacts-faitsenergetiques@nrcan-rncan.gc.ca.**

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Introduction

Canada is an energy nation. From hydroelectricity to the oil sands to emerging renewables, our vast and varied natural resources have helped build a resilient economy, connect our communities, and support energy security at home and abroad.

Today, the energy landscape is evolving. Canada is innovating in how energy is produced, delivered, and used. Renewable electricity continues to grow, led by wind and solar. Oil and gas remain foundational to the mix, meeting energy needs at home and abroad, supported by efficiency gains and operational advancements in production and use. At the same time, clean fuels are emerging and technologies such as carbon capture, energy storage, and electrification are reshaping industrial processes and transportation.

These changes are part of a global energy transformation—driven by technological change, shifting demand, affordability needs, and the imperative to maintain international competitiveness. With its geography, skilled workforce, and commitment to research, Canada is positioned to lead in this transformation, —leveraging regional strengths, priorities, energy mixes, and economic pathways.

Reliable data are essential to understanding these developments and seizing the opportunities they create for innovation, investment, and long-term economic growth. By presenting key facts and indicators on Canada's energy system in a clear and accessible format, the Energy Fact Book has remained a trusted reference for over fifteen years.



Section 3: Skills, Diversity and Community

Energy sector demographics Energy affordability Energy reliant communities

Energy Sector Demographics (2023)

Women held **24%** of energy sector jobs.

6% of energy sector employees identified as **Indigenous**.

Nearly three-quarters (75%) of employees in the energy sector had more than a high school education and **57%** of workers had a **college diploma or university degree**.

The workforce in the energy sector has been **aging over time**. In 2023 the proportion of employees aged 55 and older stood at 21%, **up from 17%** in 2009.

Since 2009, the workforce in the energy sector has become **increasingly diverse**. In 2023, **21%** of the workforce identified as members of a visible minority group, up from **17%** in 2009.

Immigrant workers

represented **17%** of energy sector employees compared to 25% in the total economy.

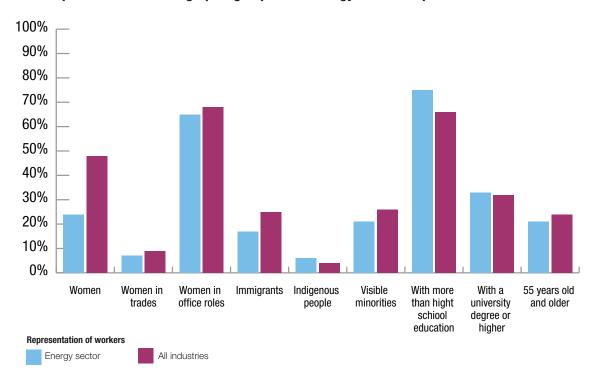


- Energy sector jobs paid an average of \$129,498 per year, while the average Canadian job paid \$62,459.
- The **gender wage gap** closed slightly in the energy sector in 2023, with women earning on average 85% of the hourly wage earned by men. In contrast, in 2009, women earned on average 75% of the hourly wages earned by men.

- Jobs requiring a **university degree** had the highest average compensation, reaching \$158,593.
- Among **occupation types**, women in the energy sector are highly represented in office roles (administrative, general office worker, and auditor accountants and investment professionals) at 65% of these occupations. Men are highly represented in trades (holding **93%** of these occupations).
- Women in the trades earn on average 87% of the hourly wage earned by men, while those working in administrative occupations earn on average **74%** of the hourly wage earned by men.



Representation of demographic groups in the energy sector compared to all industries

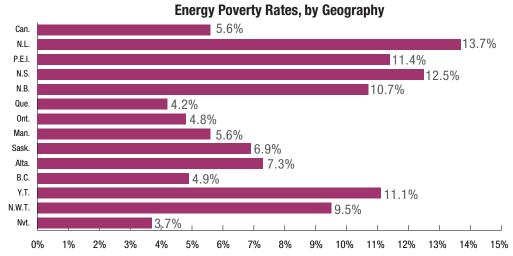


Energy Affordability

In 2023, in-home energy expenditure by Canadian households averaged \$2,376. This represented 3% of the average disposable income.

When households spend 10% or more of their income on energy needs, this is referred to as **energy poverty**.

Overall, 5.6% of Canadian households spent 10% or more of their income on energy. This share varies considerably across regions and income levels.



Energy poverty rates are based on the number of energy poor households divided by total households.

Energy, in this context, includes what is needed inside the home (i.e. space heating, appliances), and excludes transportation.

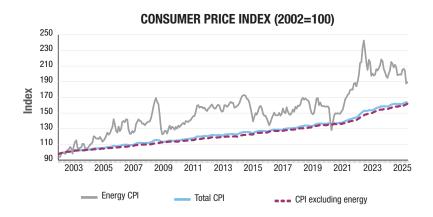
HOUSEHOLD EXPENDITURES ON ENERGY



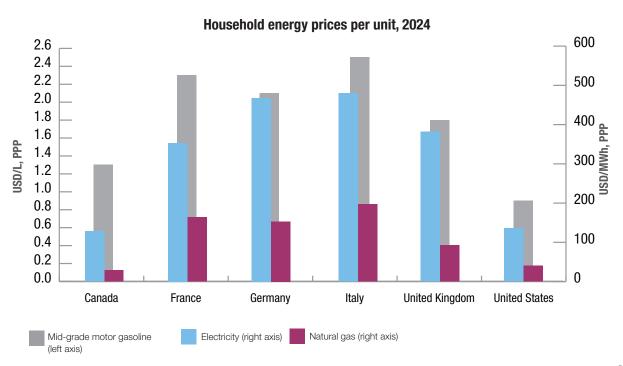
- Canadian households spent \$4,943 on average on energy in 2023.
- Residential expenditures, including for heating/cooling spaces, lighting and operating appliances, averaged \$2,376.
- Expenditures on fuels for vehicles and tools averaged \$2,567.
- Energy accounted for 6.4% of household spending after income taxes, pension contributions, and other deductions. Lower-income households spend a larger share of their disposable income on energy.

ENERGY RETAIL PRICES

- The "energy" component of the consumer price index (CPI) has been volatile in recent years and has grown much faster than the nonenergy component.
- This volatility reflects mostly the variations of upstream oil and gas prices and their impact on consumer products such as gasoline.



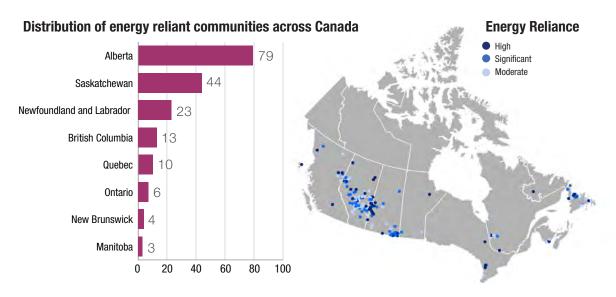
IN COMPARISON WITH OTHER DEVELOPED ECONOMIES, CANADA'S ENERGY PRICES ARE RELATIVELY LOW.



Energy Reliant Communities

A community that has a higher share of employment from a specific sector, a relatively high share of total income from that sector, and relatively low sectoral diversity in their economy compared to the average Canadian community can be described as reliant on that sector.

There are **182 communities across Canada that are at least moderately reliant** on the energy sector. Of these communities, **80% are rural or remote**.



ANNEXES

Annex 1: Notes on methodology

In this publication, energy industries are generally considered to include oil and gas extraction; coal mining; uranium mining; electric power generation, transmission and distribution; pipeline transportation; natural gas distribution; biofuels production; petroleum refineries; and support activities for oil and gas extraction. The petroleum sector is a subset of these industries, and in this publication consists of oil and gas extraction and support activities, pipeline transportation and distribution of oil and gas, and petroleum refineries.

Clean energy industries such as renewable and nuclear electricity generation, biofuels production and carbon capture and storage facilities are contained within the definition of energy industries. Some energy-related industries (e.g. petroleum product wholesaler-distributors and coal product manufacturing) are excluded because of a lack of data.

This publication represents data availability at the time of its preparation. All data is subject to revisions by statistical sources. In some instances, more than one source may be available and discrepancies in numbers may occur because of conceptual or methodological differences. In addition, some numbers may not add up precisely due to rounding.

Annex 2: Units and conversion factors

PREFIXES AND EQUIVALENTS

Prefix				
SI/Metric		Imperial	Equivalent	
k	kilo	М	thousand	10³
M	mega	MM	million	10 ⁶
G	giga	В	billion	10 ⁹
Т	tera	Т	trillion	1012
Р	peta	-	quadrillion	10 ¹⁵

Notes

- Tonne may be abbreviated to "t" and is not to be confused with "T" for tera or trillion.
- Roman numerals are sometimes used with imperial units (this can create confusion with the metric "M").

CRUDE OIL

Upstream

- reserves usually in barrels or multiples (million barrels)
- production/capacity often in barrels per day or multiples (thousand barrels/day or Mb/d, million barrels/day or MMb/d)
- metric: 1 cubic metre = 6.2898 barrels
- International Energy Agency: uses weight (tonnes) rather than volume

Downstream (petroleum products)

- · volumes of refined products usually in litres
- 1,000 litres = 1 cubic metre
- U.S.: 1 U.S. gallon = 3.785 litres

NATURAL GAS

Volume

- reserves/production usually in cubic feet or multiples (billion cubic feet or Bcf, trillion cubic feet or Tcf)
- production/capacity often in cubic feet per day or multiples (Bcf/d, Tcf/d)
- metric: 1 cubic metre = 35.3147 cubic feet

Density

• 1 million t LNG = 48.0279 billion cubic feet **Pricing**

Volume-based:

- cents per cubic metre (¢/m³) (customer level in Canada)
- \$ per hundred cubic feet (\$/CCF) (customer level in the U.S.)

Energy content-based:

- \$ per gigajoule (\$/GJ) (company level in Canada)
- \$ per million British thermal units (\$/MMbtu) (company level in the U.S., LNG)

URANIUM

- 1 metric tonne = 1,000 kilograms of uranium metal (U)
- U.S.: in pounds of uranium oxide (U₃O₈)
- 1 lb. $U_3O_8 = 0.84802$ lb. U = 0.38465 kg U

COAL

- 1 metric tonne = 1,000 kilograms
- U.S.: 1 short ton = 2,000 pounds
- 1 metric tonne = 1.10231 short tons

ELECTRICITY

Capacity

 maximum rated output that can be supplied at an instant, commonly expressed in megawatts (MW)

Total capacity

• installed generator nameplate capacity

Generation/sales

- flow of electricity over time, expressed in watt-hours or multiples:
 - kilowatt-hours or kWh (e.g. customer level)
 - megawatt-hours or MWh (e.g. plant level)
 - gigawatt-hours or GWh (e.g. utility level)
 - terawatt-hours or TWh (e.g. country level)

From capacity to generation

- A 1-MW unit operating at full capacity over one hour generates 1 MWh of electricity
- Over one year, this unit could generate up to 8,760 MWh $(1 \text{ MW} \times 24 \text{ hr} \times 365 \text{ days})$
- Units are rarely used at full capacity over time because of factors such as maintenance requirements, resource limitations and low demand
- "Capacity factor" is the ratio of actual generation to full capacity potential

ENERGY CONTENT

Rather than using "natural" units (e.g. volume, weight), energy sources can be measured according to their energy content this allows comparison between energy sources

- metric: joules or multiples (gigajoules or GJ, terajoules or TJ, petaioules or PJ)
- U.S.: 1 British thermal unit (BTU) = 1.055.06 ioules
- IEA: energy balances expressed in oil equivalent: :
 - thousand tonnes of oil equivalent (ktoe)
 - million tonnes of oil equivalent (Mtoe)

Typical values

- 1 m³ of crude oil = 39.0 GJ
- 1.000 m³ of natural gas = 38.3 GJ
- 1 MWh of electricity = 3.6 GJ
- 1 metric tonne of coal = 29.3 GJ
- 1 metric tonne of wood waste = 18.0 GJ
- 1 metric tonne of uranium = 420,000 GJ to 672,000 GJ

NATURAL GAS RESOURCES AND RESERVES

Proved reserves

Volumes of natural gas from known accumulations, of marketable quality, demonstrated with reasonable certainty to be recoverable, as of the estimate date, under current economic, technological, regulatory, and operating conditions. and suitable for delivery to market within a reasonable time frame.

Marketable/technically recoverable resources

Estimated volumes of natural gas - discovered or undiscovered – that exist in subsurface accumulations. Discovered resources are estimated quantities of gas in known drilled reservoirs, which are too remote to be connected to existing pipelines and markets. If pipelines were built, gas volumes would be recoverable under existing technological and economic conditions.

Undiscovered resources are an estimate, inferred from geological data, of gas volumes thought to be recoverable under current or anticipated economic and technological conditions, but not yet discovered by drilling. These resources may be near or remote from pipelines.

Annex 3: Abbreviations

AC	alternating current		Products Economic Account
AECO	Alberta Energy Company	EGS	enhanced geothermal system
AESO	Alberta Electric System Operator	EIA	Energy Information Administration (U.S.)
AER	Alberta Energy Regulator	EU	European Union
В	billion	EV	electric vehicle
b/d	barrels per day	FDI	foreign direct investment
Bcf/d	billion cubic feet per day	G7	seven wealthiest major developed nations:
Bcm/d	billion cubic metres per day		Canada, France, Germany, Italy, Japan,
BEV	battery electric vehicle		U.K. and U.S.
CANDU	Canada deuterium uranium	GDP	gross domestic product
CAPP	Canadian Association of Petroleum	GHG	greenhouse gas
	Producers	GJ	gigajoule
CanREA	Canadian Renewable Energy Association	GST	Goods and Services tax
CCEI	Canadian Centre for Energy Information	GWh	gigawatt hours
CCS	carbon capture and storage	HGL	hydrocarbon gas liquids
CCUS	carbon capture, utilization and storage	HST	Harmonized sales tax
CDIA	Canadian direct investment abroad	IEA	International Energy Agency
CEA	Canadian energy assets	IHA	International Hydropower Association
CER	Canada Energy Regulator	kg	kilogram
CFS	Canadian Forest Service	km	kilometre
CO, equivalent	carbon dioxide equivalent	km²	square kilometre
CPI	consumer price index	kt	kilotonne
CPL	cents per litre	kWh	kilowatt hour
DC	direct current	lb.	pound
ECCC	Environment and Climate Change Canada	L	litre
ECTPEA	Environmental and Clean Technology	LCOE	levelized cost of electricity

LNG liquefied natural gas Pkm passenger-kilometre I PG liquefied petroleum gases Provinces and territories I WR Alta. - Alberta light water reactor B.C. - British Columbia metre m m^2 Man. - Manitoba sauare metre m^3 cubic metre N.B. - New Brunswick Mb/d N.L. - Newfoundland and Labrador thousand barrels per day M. I N.S. - Nova Scotia megajoule MMb/d N.W.T. - Northwest Territories million barrels per day MMcf/d million cubic feet per day Ont. - Ontario MMbtu P.F.I. - Prince Edward Island million British thermal units Mt million tonnes; megatonne Que. - Quebec million tons of oil equivalent Sask. - Saskatchewan Mtoe MW Y.T. - Yukon megawatt NGCC natural gas combined cycle Atl. - Atlantic provinces NGL natural gas liquids Terr. - Territories NRCan Natural Resources Canada P/T provincial/territorial NRCan Office of Energy Efficiency OFF PV photovoltaic NRSA Natural Resources Satellite Account research, development and demonstration RD&D **NSFRC** R&D research and development National Science and Engineering Research Council of Canada RPP refined petroleum products NYMEX New York Mercantile Exchange SDTC Sustainable Development Technology OFCD Organisation for Economic Co-operation Canada and Development StatCan Statistics Canada **PHFV** plua-in hybrid electric vehicle States **PHWR** pressurized heavy water reactor Ala.- Alabama

PJ

petaioule

Ariz. - Arizona

Ark.- Arkansas N.D. - North Dakota Calif. - California Okla.- Oklahoma Colo. - Colorado Ore. - Oregon Conn. - Connecticut Penn. - Pennsylvania Del. - Delaware R.I. - Rhode Island D.C. - District of Columbia S.C. - South Carolina Fla. - Florida S.D. - South Dakota Tenn. - Tennessee Ga. - Georgia III. - Illinois Tex. - Texas Ind. - Indiana Vt.- Vermont Kans. - Kansas Va. - Virginia Ky. – Kentucky Wash. - Washington La. - Louisiana W.Va. - West Virginia Me. - Maine Wis. - Wisconsin Md. - Maryland Wyo. - Wyoming Mass. - Massachusetts Tcf trillion cubic feet Tcm trillion cubic metres Mich. - Michigan Minn. - Minnesota Tkm tonne-kilometre Miss. - Mississippi tonnes Mo. - Missouri **TPFS** total primary energy supply Mont. - Montana TWh terawatt-hour Nebr.- Nebraska TSX Toronto Stock Exchange Nev. - Nevada U.K. United Kingdom U.S. United States N.H. - New Hampshire N.J. - New Jersey US\$ United States dollars N.Mex. - New Mexico V volt Western Canadian Select N.Y.- New York **WCS** N.C.- North Carolina WTI West Texas Intermediate

Annex 4: Sources

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