



# Winter Weather Peak Communications

FMIPA Staff and Members

January 28, 2026





# Natural Gas Market Status, Demand, Pricing

# Natural Gas Market in the Winter Weather

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- Over a week of prolonged, unusually cold temperatures across the country – particularly across the East and the Midwest – are requiring significant home heating with natural gas, and power utilities are also using more natural gas to meet power supply needs
- Increased demand is driving up prices of natural gas as well as increasing scarcity
- Many customers throughout Eastern U.S. will see major increases in power and home heating bills for January

# Winter Weather Natural Gas Market – Pricing Effects

- Normal natural gas of \$3 –4/mmbtu is selling for \$25 – 200/mmbtu
- Florida prices of natural gas were \$55/mmbtu or 15 times the normal price
- Wholesale power market prices normally \$20 – 50/MWh have been \$200 – 800/MWh
- Florida prices of power were almost \$400/MWh or 12 times the normal price

Select Spot Prices for Delivery Today

| Region        | Natural Gas (\$/million Btu) |                 | Electricity (\$/MWh) |                 | Spark Spread (\$/MWh) |
|---------------|------------------------------|-----------------|----------------------|-----------------|-----------------------|
|               | Price                        | Percent Change* | Price                | Percent Change* |                       |
| New England   | 172.50                       | +241.6 ↑        | 660.37               | +49.8 ↑         | 0.00                  |
| New York City | 131.51                       | +113.9 ↑        | 679.13               | +28.3 ↑         | 0.00                  |
| Mid-Atlantic  | 111.16                       | +136.2 ↑        | 890.01               | +39.3 ↑         | 111.90                |
| Midwest       | 65.81                        | +92.7 ↑         | 289.01               | -2.5 ↓          | 0.00                  |
| Louisiana     | 25.01                        | -18.6 ↓         | 304.50               | +153.8 ↑        | 129.40                |
| Houston       | 11.93                        | -23.0 ↓         | 105.25               | -28.9 ↓         | 21.77                 |
| Southwest     | 6.94                         | -58.1 ↓         | 68.00                | -15.0 ↓         | 19.41                 |
| Southern CA   | 6.50                         | -41.4 ↓         | 53.75                | -28.0 ↓         | 8.25                  |
| Northern CA   | 3.39                         | -4.5 ↓          | 53.48                | -19.7 ↓         | 29.75                 |
| Northwest     | 2.68                         | +0.7 ↑          | 72.25                | +7.8 ↑          | 53.53                 |

Prices via U.S. Energy Information Administration for January 27, 2026

# Generation Demand Per MWh – Hourly Demand Snapshot

*U.S. Demand at 8 p.m. EST on Sunday, January 25, 2026*

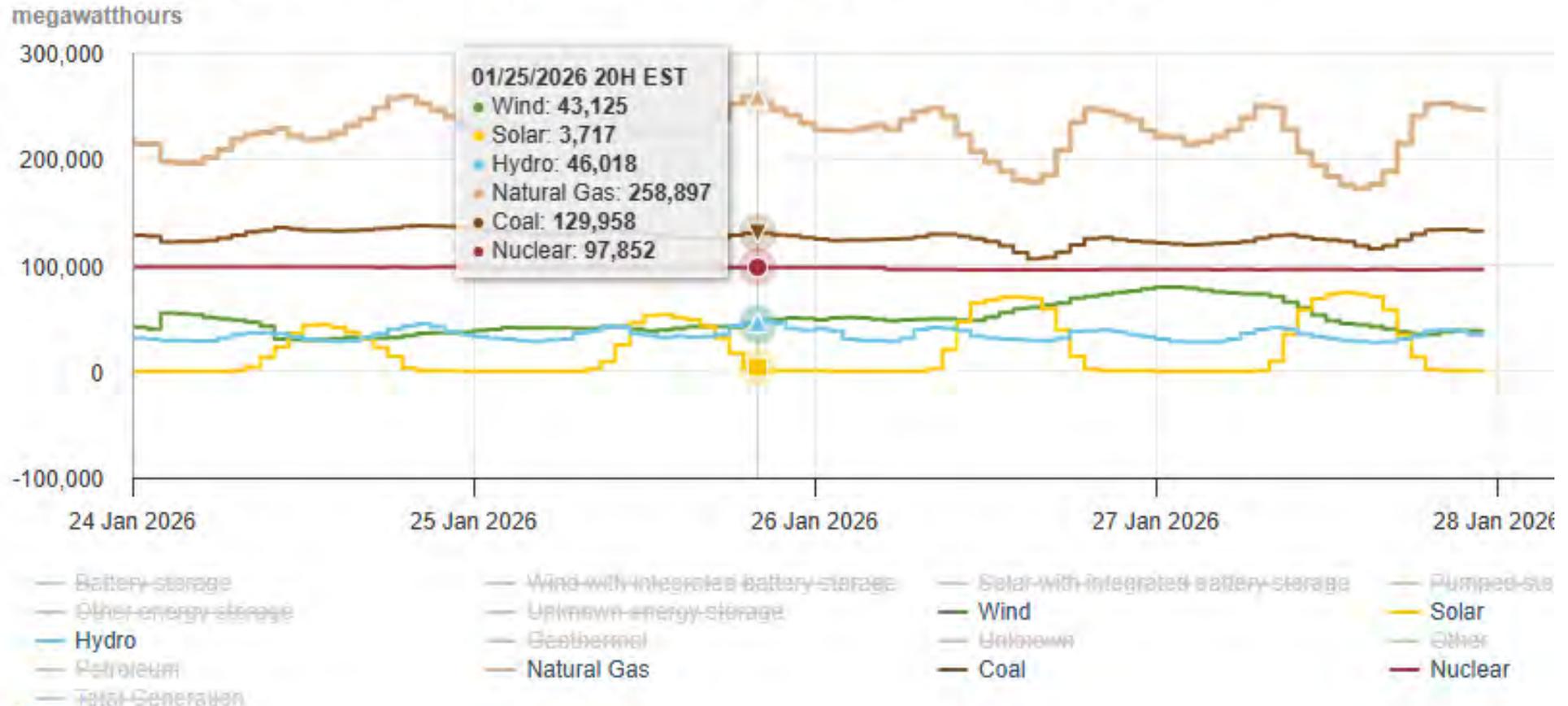
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- Natural gas/oil – followed by coal and nuclear – account for meeting 80 – 90% of generation needs across the United States
  - **Natural Gas**    259 GWh
  - **Coal**            130 GWh
  - **Nuclear**         98 GWh
  - Hydro              46 GWh
  - Wind               43 GWh
  - Solar                4 GWh

# Generation Demand Per MWh – Hourly Demand Snapshot

## *U.S. Demand at 8 p.m. EST on Sunday, January 25, 2026*

U.S. electricity generation by energy source 1/24/2026 – 1/28/2026, Eastern Time





# How Demand is Affecting the Grid

# Winter Weather Challenges for Florida Continuing Into Next Week

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- Florida experiencing multiple days of lows not seen since 2010
- Already strained U.S. natural gas and power system over the last five days to continue with six more challenging days ahead
- Biggest challenges for Florida will be Saturday through Monday with overnight lows in the mid-20s and a high on Sunday of only 45 degrees
- Monday morning poses a specific threat as many buildings – schools, offices, etc. – that went under or unheated over the weekend will require heating at the same time

# Cold Winter Weather Affecting Floridians

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- Florida demand for natural gas, electricity, and generation hits peak between 6 a.m. to 9 a.m. and 6 p.m. to 9 p.m.
- Florida is 75 – 85% natural gas dependent especially during winter peak hours
- Other regions using more natural gas than normal is affecting natural gas availability as temperatures continue to not only stay low, but drop even lower
- Possibility of power markets going to \$1,000 - \$5,000/MWh for a few hours (\$1 - \$5/kWh)
- Possibility of natural gas going to \$100 - \$200/mmbtu versus normal \$3 - \$5/mmbtu
- Want to protect all customers from abnormally high-power bills

# Questions Facing Florida Because of Cold Temperatures

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- How high will the 3-hour needle peaks for Sunday 7-10 a.m. and Monday 6-9 a.m. be, and will utilities have enough available generation to cover with reserves? Florida will have solar energy during the day, but not for the morning or evening peaks.
- How much natural gas will be available in Florida during the weekend after more than a week of challenging the Central/Eastern U.S. gas system, as well as a significant decline in wind generation starting today through the weekend?
- We are working to ensure all available units in Florida are operating, with several likely to operate on diesel for extended periods of time as diesel generation is lower cost than natural gas with delivered gas at \$25 – 50/MMBtu into Florida?
  - For FMPA and the Pool - Treasure Coast (300 MW) is five days into 80-day double major outage and cannot be brought back in time to be helpful, and one of OUC's Osceola 160 MW units is also out until April with transformer repairs

# How FMPA, FMPP, Munis with Generators Prepared

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- Ensuring plants' winterization process and equipment are in place and ready to operate
  - If your utility has generators as backup generation, consider running them Monday morning to avoid strain on the grid and to reduce power costs to customers.
  - Consider reaching out to larger customers who might have their own generation to coordinate efforts for them to use those for power over the weekend or on Monday morning.
- Diesel fuel ordered, delivered to use to run three or more days while being judicious as to not burn down inventory ahead of Sun/Mon

# Additional FMPA Preparation Measures

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- FMPA Generation Team working to max generation units at 25 degrees – higher than summer conditions
  - Seeking waivers on air permits that limit max generation
- FMPA seeking transmission approval to operate at levels above stated interconnection agreement
- FMPA working closely with a Member city to prepare 45 MW of reserve generation, associated fuel supply for Saturday through Monday



# Talking Points on Action Items for Floridians

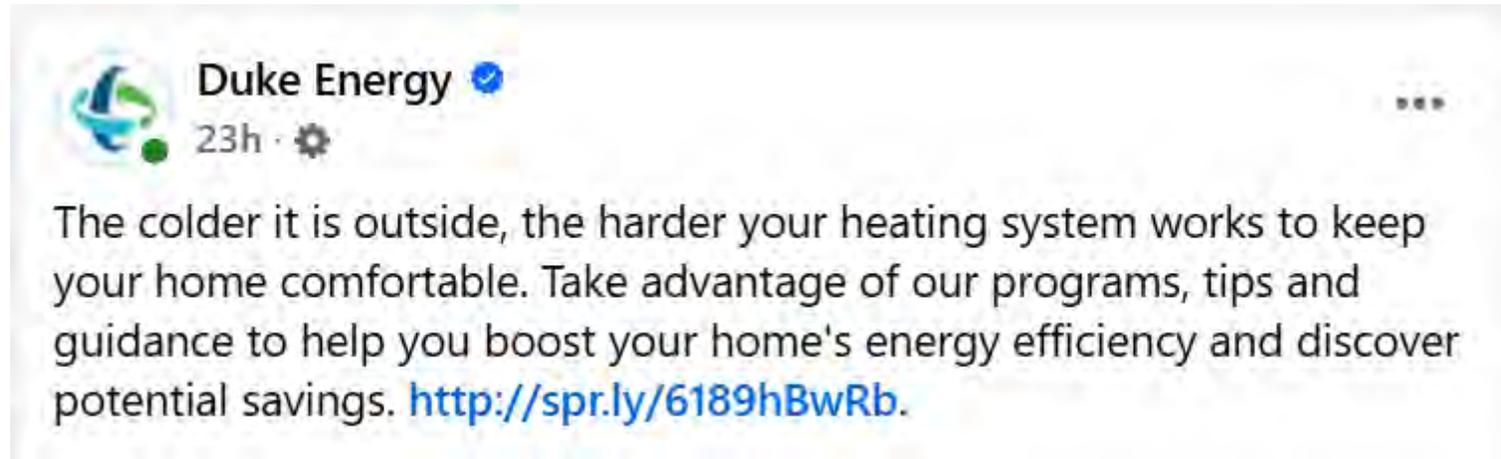
# Communicate With Your Customers Now

## *Discuss What You're Doing and What They Can Do*

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- Highlight how FMPA, FMPP, and your own utility have prepared for events like this.
- Discuss what they can do to help, especially conservation tips for reducing use during peak hours and keeping their power cost affordable
  - IOUs have share communications via email and on social media

# Duke and FPL Energy Conservation Communications



**Duke Energy** ✓  
23h · ⚙️

The colder it is outside, the harder your heating system works to keep your home comfortable. Take advantage of our programs, tips and guidance to help you boost your home's energy efficiency and discover potential savings. <http://spr.ly/6189hBwRb>.



# Duke and FPL Energy Conservation Communications

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## FPL email to customers:

With the expected cold temperatures across our area, you may choose to use a heater at your home. That's important to maintain your comfort, but keep in mind, heaters can also lead to higher energy use and higher bills.

**To help you manage your energy use, here are a few energy efficiency tips to help keep costs down:**

- Set your thermostat to a temperature that's comfortable for your family. **For every degree below 68, you can save up to 5% on heating costs.**
- Increase the thermostat **gradually** to avoid activating auxiliary heat, which can significantly increase energy use.
- **Use electric blankets or space heaters** to warm small areas and turn them off when leaving the room.

**Track and manage your energy use:**

Use our [Energy Manager](#) tool to see when and how you're using energy. Plus, get personalized tips to help save.

**Explore ways to save year-round:**

Visit our [energy tips and savings](#) page for practical steps to reduce your usage in any season.

# What To Communicate with Customers

## *Inform Without Causing Alarm*

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- Municipal utilities are community powered, and community support can help manage local strain on the grid.
  - Consider running emergency or backup generators you have on Monday morning from 6 a.m. to 9 a.m. to help minimize strain on grid.
- Be mindful of peak hours and what you are doing during them.
  - Peak hours in Florida are 6 a.m. to 9 a.m. and 6 p.m. to 9 p.m.
  - Monday morning is anticipated to be the biggest challenge – what can you do to decrease your demand for energy?
    - Delay school? Remote work? Delayed start time for office reporting?

# What To Communicate with Customers

## *Conservation Tips for Peak Hours (6 a.m. to 9 a.m. and 6 p.m. to 9 p.m.)*

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- Lower the temperature of your heat a few degrees during peak hours, then increase the temperature during non-peak hours to help heat your home.
- Take advantage of natural light and the heat it brings during the day, helping to warm your home without affecting the grid.
- Turn off pool heaters during peak hours.
- Avoid charging electric vehicles during peak hours.
- Reduce use of hot water during peak periods.
  - Minimize showering or use of large appliances that require lots of hot water – such as dishwashers and washing machines – during peak hours
- All this being done to lower customers power cost

# Ways to Communicate With Your Customers

*Meet Them Where They Are – How Are They Used to Hearing from You?*

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- Social media – Facebook, Nextdoor, etc.
  - Use graphics, tips, etc., and consider linking to information about warming stations in community they can use to warm up vs using their own heat at home
- Email
  - Compile lists of tips, what to be aware of, etc.
- Texting
  - Keep texts brief and focused on most important information with redirect on where to find more
- Robocalls
  - Short, friendly call informing them about what to expect and where to find more information
- Possible Use of Local Radio & TV Markets



# **FMPPA Points of Contact for Assistance**

# Customer Communications

## *Public Relations Team Available*

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- Susan Schumann (407) 474-6299
  - [Susan.Schumann@fmpa.com](mailto:Susan.Schumann@fmpa.com)
- Mary Kathryn Patterson (205) 799-4273
  - [Mary.Patterson@fmpa.com](mailto:Mary.Patterson@fmpa.com)
- Emily Maag (314) 825-6314
  - [Emily.Maag@fmpa.com](mailto:Emily.Maag@fmpa.com)

# Member Support and Planning Needs

## *Member Services Team Available – Contact Your Specific POC*

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- Sharon Adams (407) 399-0320
  - [Sharon.Adams@fmpa.com](mailto:Sharon.Adams@fmpa.com)
- Mike McCleary (407) 454-4816
  - [Mike.McCleary@fmpa.com](mailto:Mike.McCleary@fmpa.com)
- Navid Nowakhtar (407) 718-8641
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