



## More Dividend Increases for This Energy Giant Spells Investor Retirement Wealth Creation

### Description

With interest rates still being so low, investors have come to rely on [dividend stocks](#) to provide them with their retirement income. Consistent dividend increases are a great way to ensure a healthy [retirement income](#) for investors now and in the future.

Dividend stocks such as **Canadian Natural Resources** ([TSX:CNQ](#))([NYSE:CNQ](#)) have done this for shareholders, and with another 12% dividend increase this quarter, CNQ stock's dividend yield now stands at 4.2%. The dividend is safe and stable, with CNQ's stable operations underpinning its strong and growing cash flow and its healthy and flexible balance sheet.

In its just-reported fourth quarter 2018, CNQ generated \$1.2 billion in cash flow (\$1.02 per share), despite the Canadian oil differential widening dramatically during the quarter. Costs continued to fall, and the company continues to return cash to shareholders as a reflection of management's confidence in its future. This is a testament to the company's resiliency and quality.

So, despite recent oil price weakness and the Canadian oil industry's troubles, Canadian Natural is still on a long and consistent road of shareholder value creation, with dividend increases and stock price outperformance being the norms.

**Freehold Royalties** ([TSX:FRU](#)) is another energy stock that has given investors a reliable dividend that is backed by soaring cash flows and a strong balance sheet.

In the latest quarter, operating cash flow increased 27% versus last year and 9% versus last quarter. Freehold stock currently has a dividend yield of 7.15%, and this is a dividend that is safe and well-covered.

Freehold's payout ratio is enviable, coming in line with the company's targeted 60-80% range. The company's balance sheet is also enviable, with a net-debt-to-cash flow ratio of 0.6 times.

With a highly diversified list of quality assets in a royalty model, Freehold is a less-risky way to bet on the oil and gas market and to benefit from buying in at cyclical lows.

Freehold Royalties generates free cash flow per share of approximately \$0.70 at \$50 oil and is well positioned to continue to create real value for shareholders. To get a sense of the oil price leverage that Freehold has, a change in the oil price from \$50 to \$60 increases the company's cash flow by more than 30%.

## In summary

For investors that want access to a growing and reliable dividend stream to anchor their retirement income, these two energy stocks are a good option, as they have clear histories of value creation and lower-risk business models.

### CATEGORY

1. Dividend Stocks
2. Energy Stocks
3. Investing

### POST TAG

1. Editor's Choice

### TICKERS GLOBAL

1. NYSE:CNQ (Canadian Natural Resources)
2. TSX:CNQ (Canadian Natural Resources Limited)
3. TSX:FRU (Freehold Royalties Ltd.)

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