

How can you save energy around your home and in your classroom?

Fight the Light!

- Don't leave lights on when no one is in the room.
- If you are going to be out of the room for more than five minutes, turn off the light.
- If you know of a light that everyone forgets to turn off, make a sticker that says "Lights Out!"
- Where possible, use compact fluorescent light bulbs. They use less energy and last much longer.

Don't Leave Things Turned On

- Turn off the TV when no one is watching it. The same goes for computers, radios and stereos.
- Anything on standby is drawing small amounts of power all the time.

It's a Matter of Degrees!

- In cold weather, wear warm clothing and have your thermostat set to about 20 degrees.

Don't Heat - or Cool - the Great Outdoors!

- Draw curtains to keep the heat in during cold weather and out during hot weather.
- Find the draughts in your home and seal them up.
- Is there an old refrigerator sitting in the garage or someplace else at home?
- Old refrigerators are real energy hogs! An old refrigerator can cost your family as much as \$120 a year.

In the Bathroom

- Wasting water wastes electricity. Why? Because the biggest use of electricity in most cities is supplying water and cleaning it up after it's been used!
- About 75 percent of the water we use in our homes is used in the bathroom. Unless you have a low flush toilet, for example, you use about five gallons to seven gallons of water with every flush! A leaky toilet can waste more than 37,000 litres of water a year. Wow!
- Dripping taps are bad, too. A tap that leaks enough water to fill a soda bottle every 30 minutes will waste about 8,300 litres of water a year.
- Another simple way to save water AND energy is to take shorter showers. You'll use less hot water - and water heaters account for nearly 1/4 of your home's energy use.

In the Kitchen

According to researchers who are paid to study such things, a load of dishes cleaned in a dishwasher uses 37 percent less water than washing dishes by hand! However, if you fill up one side of the sink with soapy water and the other side with rinse water - and if you don't let the tap run - you'll use half as much water as a dishwasher does. Doing the dishes this way can save enough water for a five-minute shower!

Shocking News About Batteries

Did you know that Australians use an average of about eight batteries a year per person? Wow! Batteries that are thrown away produce most of the heavy metals - dangerous substances like lead, arsenic, zinc, cadmium, copper, and mercury - that are found in household trash. These metals are toxic. They can be harmful to humans and wildlife. When discarded batteries from our trash wind up in landfills, these dangerous metals can seep into the ground water and eventually into the food chain. So, instead of throwing batteries in the trash, we should all take them to a toxic waste disposal area, if at all possible. Turn off the toys and games (like GameBoys™) that use batteries when you are not playing with them. That makes the batteries last longer, and you won't need as many of them.

Forty percent of all battery sales are made during the holiday season. Ask for holiday gifts that do not require batteries.

Ask your parents to buy rechargeable batteries and a recharger.

Outside the House

Remember how saving water saves energy? Use a broom instead of a hose to clean off the driveway, patio or deck - this will save hundreds of gallons of water each year.

If you only have a small lawn, consider getting a manual push mower. It doesn't use any energy except your own. Pushing the mower spins the rotating wheels, which spins the cutter. Consider it good exercise!

If you need to leave a security light on over night, change the incandescent bulb to a compact fluorescent. It will last months and maybe years and save you energy and money. Some compact fluorescent bulbs even come in yellow so they won't attract bugs.

Think About What Your Family Buys

If you buy things that can be used over and over instead of buying disposable items that are used once and then thrown away, you will save precious natural resources. You'll also save energy used to make them, and you'll reduce the amount of landfill space we need when they are thrown away.

When your family goes shopping, think about taking bags with you. Only about 700 paper bags can be made from one 15-year-old tree. A large grocery store can use that many bags before lunch! Plastic bags start out as either oil or natural gas. Oil and

natural gas are non-renewable resources. This means they can't be reused, and when they are all gone, they are gone forever. And throw-away bags add a lot of pollution to the environment. If plastic and paper bags are used once and go to landfills, they stay there for hundreds of years. Some stores offer discounts for people who use their own bags. For every bag reused, they give money back - usually about five cents for each bag.

With your parents, pick a spot in your house to store bags that you get from the grocery store. These bags can be used to carry things to friends' houses or for rubbish bin linings. After bags wear out, recycle them.

Links to Other Websites About Saving Energy

- [Alliance to Save Energy](http://www.ase.org) (www.ase.org)
- [California Energy Commission Bright School Program](http://www.energy.ca.gov/efficiency/brightschoools/) (www.energy.ca.gov/efficiency/brightschoools/)
- [California Energy Commission Conservation Web Links](http://www.energy.ca.gov/links/conservation.html) (www.energy.ca.gov/links/conservation.html)
- [Consumer Energy Center](http://www.ConsumerEnergyCenter.org) - Energy Efficiency at Home, Office and School(www.ConsumerEnergyCenter.org)
- [Energy Efficiency and Renewable Energy Network Dr. E's Energy Lab](http://www.eren.doe.gov/kids/) (www.eren.doe.gov/kids/)
- [Federal Consumer Information Center](http://www.pueblo.gsa.gov) (www.pueblo.gsa.gov)
- [Green Schools](http://www.ase.org/greenschoools/) (www.ase.org/greenschoools/)