



# The Energy Conservation Challenge Show

## 10 Energy Conservation Tips

### Turn off the lights when you leave a room *"When not in use, turn off the juice"*

Electronics or Ceiling fans are good examples – only cool people not the room

At School Get your teacher to create a weekly "energy monitor" – someone whose job it is to make sure lights are out when there's no one in a room. He or she can also make sure that electrical machines are turned off when not being used too.

### Use Energy Saving Appliances *"Look at the label"*

Replace the old light bulbs around the house with compact fluorescent light bulbs (CFLs). - CFLs use up to 75% less energy than a regular bulb.

Use Rechargeable batteries.

Use machines like washers, dryers, and dishwashers after 8 p.m.

### Use Less water *"Shut it down"*

Turn off the water when brushing teeth.

Save hot water by taking short showers instead of baths.

See a dripping faucet –turn it off and ask your parent or guardian to have it fixed.

Use a Car wash to wash your family's vehicle - Professional car washes are often more efficient with water consumption. If everyone took just one less visit to the car wash we could save nearly 8.7 billion gallons of water.

### Change the thermostat *"Be Warm and Cool, not Hot and Cold"*

If possible use a digital thermostat with an automatic setting.

Having it a few degrees hotter or cooler will make a small difference to you and a big difference to the environment. You can always put on different clothes if you're too hot or too cold.

### Plant a tree *"Green Mean Planting Machine"*

Trees create shade around your house and help keep it cool, and they give off oxygen to help the environment. Ask your parents to help you!

Trees "breathe" in carbon dioxide and "breathe" out Oxygen.

### Carpool *"Let's carpool!"*

Walk if close by, carpool to after school activities, and take the bus to school.

It also helps with Traffic! –less sitting in "rush hour" with the engine idling using extra gasoline

### Get outside *"Use your own energy"*

Playing video games on both computers and game systems uses a LOT of energy! That's why your system or computer feels hot afterwards!

Being outside in the fresh air and sunlight will make you feel better.

Remember to shut the door behind you!

### Shut the Door *"Be safe and sound, close it down"*

Decide what you want to eat before opening the fridge, don't just stand there with the door open.

Try not to leave doors open -Each time you open the door air can get in. Closed doors take less energy to cool/ heat the house.

### Recycle, Reuse, Refuse *"Be Keen Go Green"*

Recycle with your family and school. If the school has not set up a recycling effort, do it now. Reusing paper and recycling paper saves money and energy. Recycle aluminum cans and plastic bottles.

Reuse Grocery bags. Instead of getting new paper or plastic each time you shop use reusable one. Reuse Plastic bags for storage or small trash cans.

Refuse: Trash. Only throw away things that a necessary (garbage, broken items). Give old clothes and toys to good will / salvation army

### Get involved! *"Start to do your part"*

It's your home and school too! Get involved in saving energy.

Work as a team at home and school to work towards saving energy!

We are all in this together!