



Spotlight on Sustainability

Energy Efficiency

10 Tips For Kids

One way to help keep Earth healthy is by saving energy and water. Here are 10 easy things you can do at home to help protect the Earth. (www.gotxu.com/energy-efficiency/57)

	TIPS		WHY
1	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.
2	Always turn off electronics when you're not using them – that means the TV, computer, and especially lights.		Electronics use up energy, even when they're in standby mode.
3	Unplug cell phone chargers when there's no phone plugged in.		Chargers use energy, even when there's no phone on the other end.
4	Decide what you want to eat before opening the fridge, don't just stand there with the door open.		It takes energy to keep cool air in the fridge. Up to one-third of the cool air escapes every time you open the door.
5	Don't let the water run when you brush your teeth or wash your face.		Saving water is an important part of protecting the environment.
6	If you see a faucet dripping, turn it off, or tell your parents to get it fixed.		Dripping water can add up and can waste more water than you usually use.
7	To keep cool – try using a ceiling fan instead of the air conditioner.		A fan uses less energy and can help spread cool air around your room.
8	Ask your parents to help you plant a tree to shade your house.		Shade can cool your house down without using any energy. Find the side of the house that gets the most sun and plant a tree there.
9	Turn your thermostat down a few degrees in the winter and up a few degrees in the summer.		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.
10	Try not to leave doors open.		Each time you open the door in the summer, warm air can get in. If you keep them closed, it takes less energy to cool the house down.

