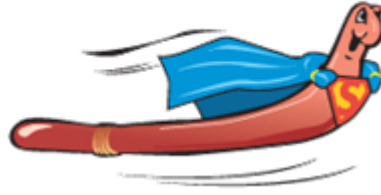


2014 "Earthworms" Youth Eco-Teams Program



Thank you for participating in the Energy Unit!

Next week we will investigate what it means to be an Environmentally-Friendly Consumer!

Energy Saving Tips ... For Parents and Families!

No Cost Tips

These simple steps don't cost a thing, but can potentially save you 10-25% on your monthly energy bill.

- Turn off lights and appliances when not in use. Don't forget your computer. Most new computers have sleep settings.
- In the cold months, set the thermostat to 68 degrees when home, and then back to 55 - 68 degrees when unoccupied.
- In the winter, open window coverings on the sunny side of your home to take advantage of free heat from the sun. Close the coverings on cloudy days or right after the sun sets.
- In warm months, set the thermostat to 78-80 degrees when home and 5 to 10 degrees warmer at night or when you're not home.
- In warm months, close blinds and drapes during the day to keep heat out.
- Also, use your dishwasher, clothes washer and dryer, and cook as late in the evening as possible.
- Set your water heater to 120 degrees.
- Vacuum your refrigerator coils (underneath and in the back) and don't obstruct the coils. They need air space.
- Keep the seals (gaskets) on refrigerators and freezers clean.
- Keep your freezer as full as possible.
- Make sure food is cool and covered before it goes into the refrigerator.









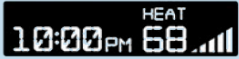

More No Cost Tips!

- Run full loads in your washer and dryer, and use "solar drying" (clotheslines).
- Use energy saver option on your dishwasher, allowing dishes to air dry.
- If your A/C unit is on the ground, keep the area around it clean and free of obstructions to maintain air flow.
- Unplug your televisions/VCR when you're on vacation. Most new sets draw power even when they're turned off.
- If your dishwasher has a filter, keep it clean.



THE EASY ENERGY ACTION PLAN CHECKLIST

10 SIMPLE WAYS TO USE ENERGY WISELY

1	 Turn off lights.	CHECK THE BOX <input type="checkbox"/>
2	 Use energy-saving light bulbs.	<input type="checkbox"/>
3	Shut off computers. 	<input type="checkbox"/>
4	 Use "smart" power strips.	<input type="checkbox"/>
5	Turn off entertainment devices when not in use (TV, game systems, etc.). 	<input type="checkbox"/>
6	 Use natural light, heat and cooling.	<input type="checkbox"/>
7	Unplug chargers when not in use. 	<input type="checkbox"/>
8	 Talk to your parents about ENERGY STAR [®] appliances.	<input type="checkbox"/>
9	Talk to your parents about programmable digital thermostats. 	<input type="checkbox"/>
10	 Talk to your parents about home improvements to save energy such as windows, doors, and roofs.	<input type="checkbox"/>



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