

KIDS CAN SAVE ENERGY

You can play an important role in saving electricity, natural gas and water at home. In addition to learning responsibility for the future, your efforts can help lower your family's utility bill today. Review this checklist and save energy and water by doing the activities below. Post the chart on the refrigerator or your bedroom door and check off activities each time you do them.

ACTIVITY	DONE
1. Close doors tightly when going in and out of the house	
2. Don't open windows when the air conditioning/heat is on	
3. Ask your parents to adjust the refrigerator settings	
4. Unplug all unused appliances (toaster, coffee maker, etc.)	
5. Do not open the oven door while food is cooking	
6. Make sure the dishwasher is full for each load	
7. Turn off lights when you leave a room	
8. Turn off TVs, gaming consoles and laptops when they are not in use	
9. Use an extra blanket to stay warm in the winter	
10. Tell an adult when you see a drippy faucet/showerhead	
11. Take 5 minute showers	
12. Don't use the toilet as a trash bin (every flush wastes 3-7 gallons of water)	
13. Ask an adult to insulate the water heater by wrapping it in an insulated blanket	
14. Wash your clothes with cold water	
15. Hang your clothes to dry	
16. Water the lawn in the morning or evening so it doesn't evaporate in the sun	
17. Use a broom to sweep the driveway instead of a hose	
18. Remind an adult to change the furnace or air conditioning filter	
19. Plug up air leaks (windows, exterior doors, outlets)	
20. Put the temperature dial down in the winter/up in the summer	

Congratulations – you are an Energy Saver! Teach your friends and family members how to be Energy Savers too.

KIDS CAN SAVE ENERGY TOO!

☐ Check off the activities
each time you do them

