

# SAVING ENERGY

# MAKEScents



## DO YOU AND YOUR FAMILY LOVE SAVING MONEY?



Have you ever heard the expression, "A penny saved is a penny earned?" Well, the same is true with energy. The less energy you use, the more money you get to keep!

We rely on energy to power our lights, appliances, and electronics. We also rely on energy to provide our homes, schools and businesses with hot water, heat, and air conditioning. According to the U.S. Department of Energy, the average American family spends approximately \$1,600 per year on energy bills. That is the cost of about 3,200 candy bars or 230 movie tickets!

Using energy-efficient products and taking energy-saving actions can help you save money. See below for some energy-saving actions that can save you dollars and cents.

**USE LESS ENERGY**



**HELP THE ENVIRONMENT**

**SAVE MONEY**



## Energy-Saving Actions That Make Cents

**1**

**WASH CLOTHES IN COLD OR WARM WATER RATHER THAN HOT.**

**DON'T OPEN THE REFRIGERATOR DOOR UNNECESSARILY, OR KEEP IT OPEN FOR LONG PERIODS OF TIME.**

**2**

**3**

**TURN OFF THE TAP WHEN YOU BRUSH YOUR TEETH.**

**WHEN BAKING, USE THE OVEN LIGHT TO CHECK ON YOUR DISH. LIMITING THE NUMBER OF TIMES YOU OPEN THE OVEN DOOR KEEPS THE HOT AIR INSIDE.**

**4**

**5**

**DON'T PRINT EVERYTHING. SAVE PAPER AND ENERGY BY ONLY PRINTING WHAT YOU NEED.**





# ENERGY CONSERVATION:

## A Public Service Announcement

CONOR JONES, Grade 8, Roger Ludlowe Middle School, Fairfield, Conn.

(Announcer)

There are lots of things you can do to help energy conservation.

Take a look at the electrical power in your home. You have lots of lights in your house and also you have chargers for iPods, computers, and phones. It would help energy conservation and you will save a fortune at the same time.

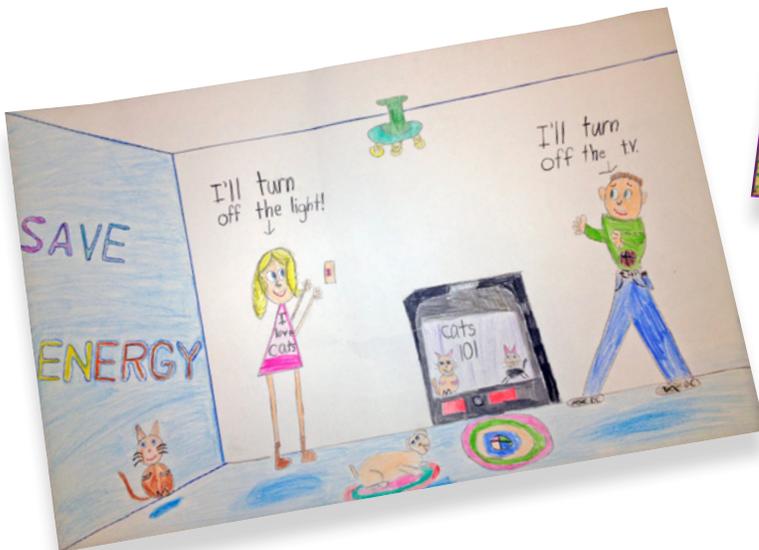
Just doing the simple deed of turning off the lights each time you leave a room. Or maybe during the day when the sun is still up, use natural lights to light up the room.

On the other hand, we teenagers have lots of chargers for our phones, iPads, and other electronic items. Every time we leave the house we should unplug our chargers because if our device has a full battery, we are just wasting electricity and our parent's electrical bills are going through the roof.

These are very important reasons of why we should do these things...it saves money and more importantly, helps conserve electricity.

Margo Katz, Grade 2

Mary T. Murphy Elementary School, Branford, Conn.

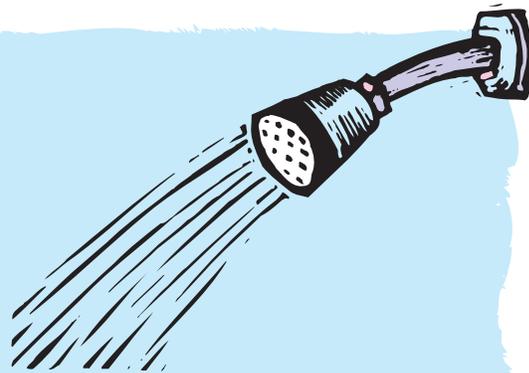


Alexis Mastrangelo, Grade 1

St. Martha School, Enfield, Conn.

## FAMILY OLYMPICS:

# WHO CAN TAKE THE SHORTEST SHOWER?



Who can win the Olympic gold medal for fastest shower? Challenge your family to a shower competition in your home. Keep a stopwatch or timer in your bathroom and find out which family member takes the shortest showers! Track each family member over the course of a week and see if the shower times get shorter!

Why is it important to save water? Almost 20 percent of the energy we use in our homes is used to heat water. If we can save water when we shower or take a bath, we can also save the energy it takes to heat the water.

## WRITE A FAMILY ENERGY CONSTITUTION

Sit down with your family and create a Family Energy Constitution. The whole family should agree to do their best to perform the energy-saving behaviors in the document. Include simple actions such as turning off lights or TVs when leaving a room.



Here's an example of a Family Energy Constitution written by Andrew Bean from Wells Road Intermediate School in Granby, Conn.

We the Bean family, establish this constitution to create a perfect

energy-saving family that ensures energy saving forever.

### Article I. Electricity

#### Section 1. Light saving

We shall turn off lights when not in use, when light outside, while not in use, while sleeping, and while other lights are on.

#### Section 2. Unplug plugs

We shall unplug plugs while not being used to charge.

This may include video games, ipads, iphone, kindles, batteries and toys.

## online connection



# KIDS

**BE AN ENERGY STAR!**

The ENERGY STAR® label helps consumers make smart choices about the products they buy. Appliances and electronics must meet strict efficiency standards to earn an ENERGY STAR label. The website has interactive games, fun facts and animated appliance characters to engage children in energy efficiency.

Visit [www.energystar.gov/kids](http://www.energystar.gov/kids) to learn more.

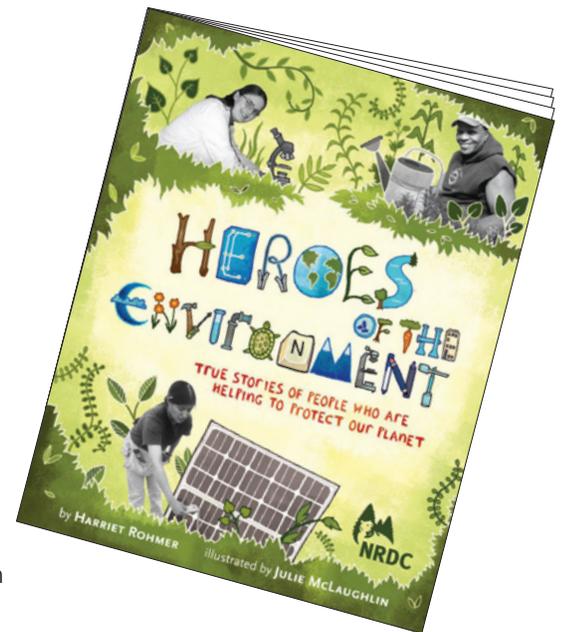
# ENERGY MESSAGE DECODER

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## Literature Connection

Can one person actually make a difference? In *Heroes of the Environment* by Harriet Rohmer, you will read about 12 amazing kids and adults who are doing their part to change the world! You'll meet Debby Tewa, a solar electrician who brought solar power to parts of the Hopi Indian Reservation in Arizona. Across the country, Judy Bonds has watched coal mining destroy the Appalachian mountains and the surrounding environment for years. Learn how Judy is fighting by building a wind farm in the Appalachians. *Heroes in the Environment* is a wonderful combination of personal stories and important environmental issues. The book gives hope and encouragement to readers while providing information on how to get involved.



**eesmarts** is an energy efficiency and clean, renewable energy learning initiative funded through Energize Connecticut. The vision of eesmarts is to facilitate students' understanding of the science, math and technology related to clean, renewable energy

and electricity in order to create an energy-efficient ethic among all school-age students in Connecticut.

Visit [www.energizect.com/eesmarts](http://www.energizect.com/eesmarts) to find out more ways you can save energy!

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