

BE THE

We know you're only a kid, but today's young people are the next century's climate change movers and shakers. What can you do? Help your family develop good habits that will help the environment. The ideas listed here describe the different ways that we can stop wasting energy in our everyday lives.

Some of the things listed here may be beyond your control. With any luck, you can share them with an adult in your life. Just talking with adults may convince them to make changes. And perhaps some of these ideas will come in handy in the future, when you are making your own decisions.

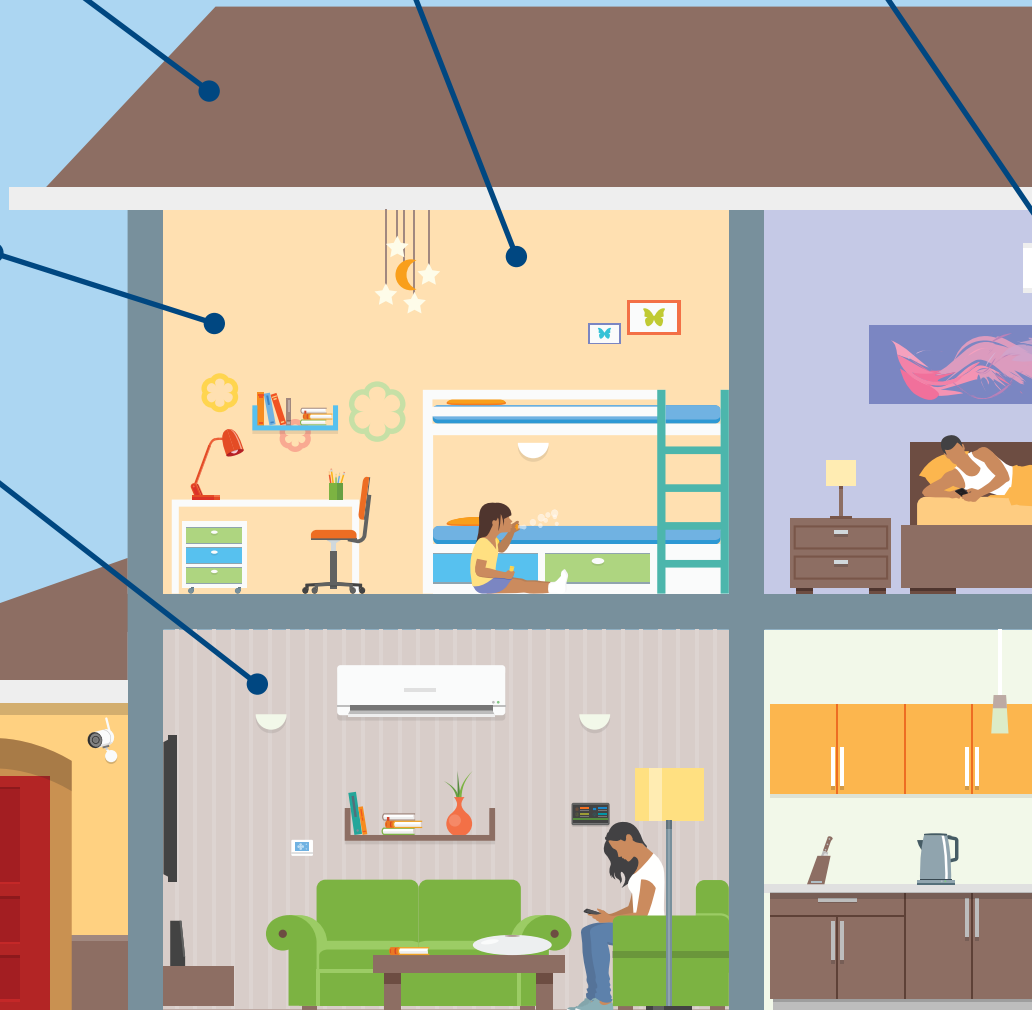
Insulate house with storm windows and storm doors and block cracks in attic and walls with foam. Insulation and foam cut heating costs.

Close curtains or blinds during winter. Keep heat from leaving through windows.

Use LED (light emitting diode) bulbs. LED bulbs are extremely energy efficient and have long life spans.

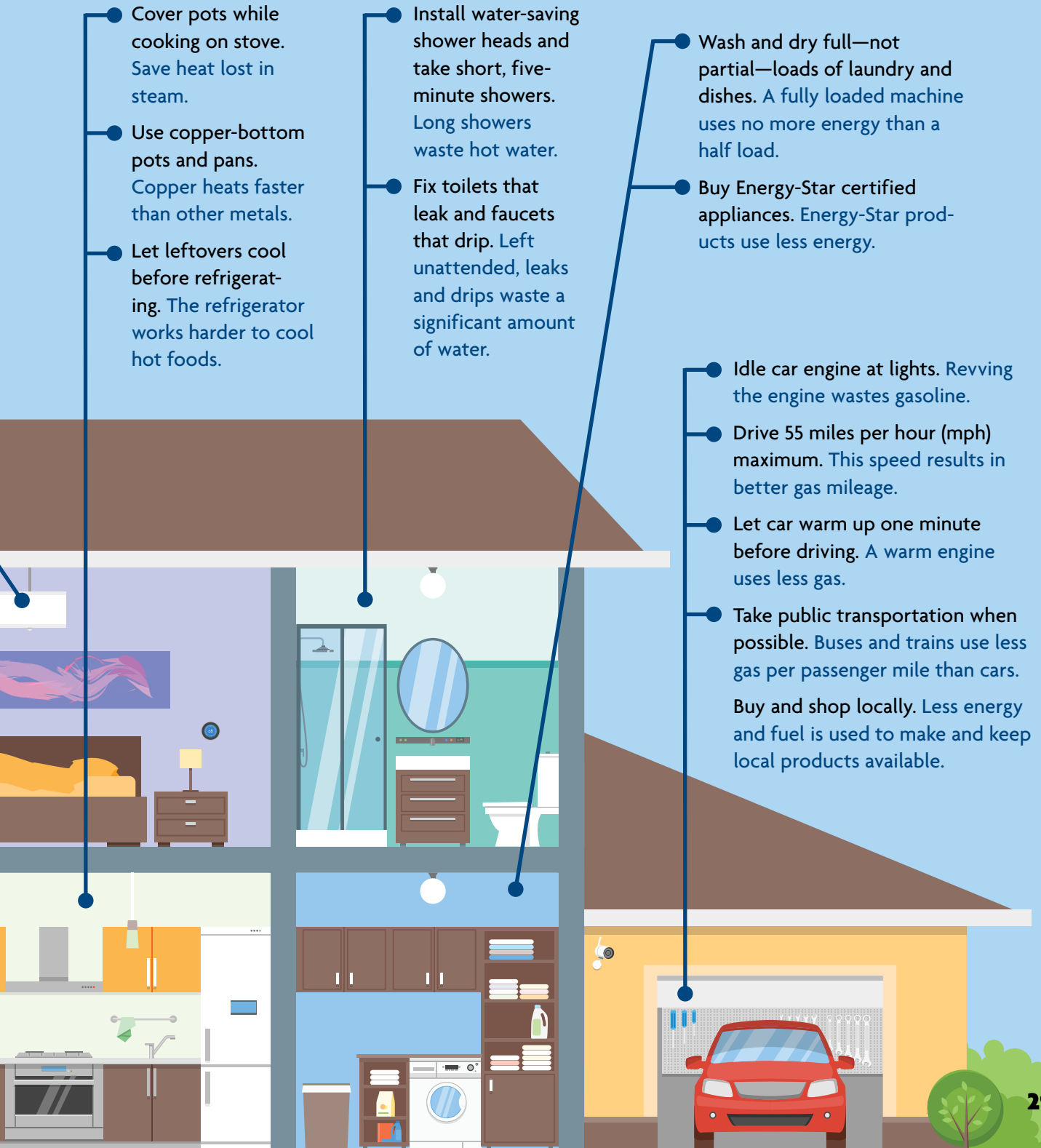
Heat house to a maximum of 68°Fahrenheit and turn down heat at night to 50°F or 60°F. Lower heating temperatures saves on energy and costs.

Set air conditioning temperatures to a minimum of 70°F. Maintaining lower temperatures requires more energy and costs more.



CHANGE

by Bruce Watson



- Cover pots while cooking on stove. Save heat lost in steam.
- Use copper-bottom pots and pans. Copper heats faster than other metals.
- Let leftovers cool before refrigerating. The refrigerator works harder to cool hot foods.

- Install water-saving shower heads and take short, five-minute showers. Long showers waste hot water.
- Fix toilets that leak and faucets that drip. Left unattended, leaks and drips waste a significant amount of water.

- Wash and dry full—not partial—loads of laundry and dishes. A fully loaded machine uses no more energy than a half load.
- Buy Energy-Star certified appliances. Energy-Star products use less energy.

- Idle car engine at lights. Revving the engine wastes gasoline.
 - Drive 55 miles per hour (mph) maximum. This speed results in better gas mileage.
 - Let car warm up one minute before driving. A warm engine uses less gas.
 - Take public transportation when possible. Buses and trains use less gas per passenger mile than cars.
- Buy and shop locally. Less energy and fuel is used to make and keep local products available.