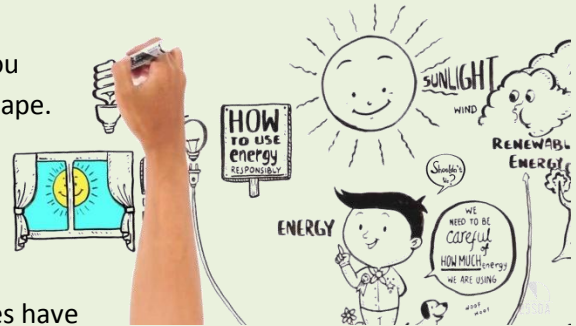


# Do the Earth a favour. Be an energy saver

All of us worry about the effects of environmental issues like global warming and air pollution on our children's futures. It's better to make our children aware of the environment from a young age. How might you change your habits to reduce the impact on the environment?

## Save energy in and around your home

- Turn off the TV, computer, video games and other electrical stuff when you are not using
- Shut off the lights when you are leaving room.
- Don't leave the refrigerator door open. Every time you open the door, up to one-third of the cold air can escape.
- Replace a burnt-out light bulb with a new compact fluorescent bulb or light-emitting diode (LED). They use less energy and last longer.
- Try to spot the areas in the home where energy is being wasted and where lights, switches or appliances have been left on.
- Close the curtains during hot summer days to block the Sun and keep home cool. During the winter, keep the curtains open and enjoy warmth of Sun.
- Use a broom instead of a hose to clean off the driveway, corridors, garden area - this will save hundreds of liters of water each year.
- Plant a tree to help shade your house on hot summer days and enjoy cool breeze in evening.



## Laundry



- 1 Hot Wash = 10 Washes with Cold Water. Washing clothes at 30°C also uses around 40% less electricity than washing at higher temperatures.
- Well-ventilated location helps machine to perform most efficiently.
- Using a shorter cycle saves water and saves energy too.

## Shower

- Taking a short shower instead of a long bath can help save energy.
- Do not keep tap on when it is not in use



## Bathrooms



- Fix dripping faucets. One drop per second can add up to 165 gallons of hot water a month - that's more than one person uses in two weeks!

## Play Room

- Play energy-saving games with your kids. Get them to spot the areas in the home where energy is being wasted and where lights, switches or appliances have been left on.
- Turn off the toys and games that use batteries when you are not playing with them. That makes the batteries last longer, and you won't need as many of them.



## Reduce, Reuse, Recycle



- Batteries that are thrown away produce most of the heavy metals - dangerous substances like lead, arsenic, zinc, cadmium, copper, and mercury - that are found in household trash. These metals are toxic. They can be harmful to humans and wildlife. When discarded batteries from our trash wind up in landfills, these dangerous metals can seep into the ground water and eventually into the food chain. So, instead of throwing batteries in the trash, better to take them to a toxic waste disposal area, if at all possible.
- Turn off the toys and games (like Game Boys TM) that use batteries when you are not playing with them. That makes the batteries last longer, and you won't need as many of them.
- Better to buy things that can be used over and over instead of buying disposable items that are used once and then thrown away, you will save precious natural resources. You'll also save energy used to make them, and you'll reduce the amount of landfill space we need when they are thrown away.
- Store bags that you get from the grocery store. These bags can be used to carry things to friends' houses or for trash linings. After bags wear out, recycle them.
- Give your newspapers to the organisation which are recycling or making bags out of it.
- Cereal boxes, egg cartons, wrapping paper are called "mixed paper." All these things can be recycled. Mixed paper can be made into paperboard, the paper that is used on roofs.
- Reuse your notebook if it is not used full. Do homework in these notebooks
- Give old text books to them who are needy.
- Give your old clothes to them who are needy.

***Energy can't be created but it can be destroyed. Save it!***

### Source:

<http://www.alliantenergykids.com/EnergyandTheEnvironment/SavingEnergy/022391>

[http://www.energyquest.ca.gov/saving\\_energy/](http://www.energyquest.ca.gov/saving_energy/)

<http://www.motherearthnews.com/renewable-energy/energy-efficiency/save-money-on-energy.aspx?PageId=3>, <https://www.surfexcel.in/how-to-do-laundry/energy-saving-laundry-champion/>