



Information Sheet for Energy Wastage



Why Do We Need to Save Energy?

You've probably heard the grown-ups in your house say "Turn off the light!" or "Close the refrigerator door!" Have you ever wondered why? Energy is there whenever we need it, so it's easy to forget where it comes from, or how much it costs. Every year, we use more energy than we did the year before. All of that energy adds up, and much of it is wasted by using too much or not using it wisely.

Energy isn't free. The grown-ups in your house pay for all the electricity you use. So wasting energy is the same as wasting money - and we know that's not a good idea! Wasting energy isn't good for the environment either. Most of the energy sources we depend on, like coal and natural gas, can't be replaced - once we use them up, they're gone forever. Another problem is that most forms of energy can cause pollution - remember climate change?!

Top 10 Rules for Saving Energy

To get started saving energy around your home, just follow these easy rules:

1. **Shut off the lights when you're done using them**, and turn off the TV, computer, video games and other electrical stuff when you leave the room.
2. **Adjust the thermostat during the winter**. Ask a grown-up to adjust the thermostat by 10 degrees cooler in the winter and 10 degrees warmer in the summer for eight hours a day.
3. **Don't leave the refrigerator door open**. Every time you open the door, up to one-third of the cold air can escape.
4. **Replace a burnt-out light bulb with a new compact fluorescent bulb**. Fluorescent bulbs use 75 percent less energy, and they last 10 times longer.
5. **Remind grown-ups to use cold water in the washing machine**. Hot water won't get the clothes any cleaner, and it wastes a lot of energy.
6. **Fix dripping taps**. 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!
7. **Take a short shower instead of a long bath**. It might take 25 gallons of hot water to fill the bathtub, compared to only seven gallons for a quick shower.
8. **Close the curtains during hot summer days to block the sun**. During the winter, keep the curtains open.