



# Saving Energy

Most of the energy we use today comes from coal, oil, and natural gas. They are **fossil fuels**. They take millions of years to form. We can't make more quickly. They are **nonrenewable**. We need to save energy whenever we can. You can help.

## Reduce

A good way to save energy is by not wasting things. Don't use paper plates or cups all the time. You only use them once—then throw them away. Write on both sides of your paper. Use a lunch box and thermos instead of paper bags and box drinks.

Buy a small can of frozen juice to make at home instead of buying a large carton that you have to throw away. Buy one big bag of chips—not ten little ones. **Reducing** waste saves energy. It takes energy to make things and to get rid of them. Buy things without a lot of packaging. Some candy has more plastic around it than food in it. What a waste!



## Reuse

Try to use things more than once—**reuse** them. Wash out plastic sandwich bags and use them again. Use the comics from newspapers to wrap presents. Buy toys at yard sales and you can save energy and money, too.

Paint your big sister's old bike instead of buying a new one. Fix old things whenever you can. Give your old clothes and toys to someone who needs them—don't throw them away.

## Recycle

You can **recycle** lots of things—cans, paper, glass, and plastic. It only takes a minute to recycle, and it saves energy. It takes a lot of energy to dig up metal and make a can. It only takes a little energy to make a new can from an old one. Cans can be recycled over and over again.

Plastic bottles can be recycled into clothes and rugs. Paper can be recycled into boxes and bags. Don't throw away anything you can recycle.





## Saving Energy

### Save Electricity

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You use a lot of electricity every day. Use only what you need. Don't turn on two lights if you only need one.

Remember to turn off the lights when you leave a room. Turn off the TV and video games, too. On a sunny day, read by a window. It's a simple way to save energy.

Keep the refrigerator door closed. Know what you want before you open the door. If you're pouring a drink, don't leave the door open. It takes a lot of energy to cool things.

If the air conditioner is on, keep doors and windows closed. Don't go in and out, in and out. If you can, just use a fan and wear light clothes instead of using the air conditioner.



When you leave a room, remember to turn the lights off.

### Save Gasoline

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It takes a lot of energy to operate a car. Walk or ride your bike wherever you can. If you and some of your friends are going to the same place, go together. Take the bus instead of asking for a ride to school.

### Save Heat

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It takes a lot of energy to heat houses and water. If the heat is on, keep doors and windows closed. Wear warm clothes instead of turning up the heat. At night, use blankets to stay warm.

When you take a bath, use only the water you need. And don't stand in the shower for a long time. Heating water uses energy.

### You Can Make a Difference

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The things you do every day make a difference. If everyone saves just a little energy, it adds up to a lot. When you save energy, you save money, too. You have more money to spend on other things.

Saving energy also helps protect the environment.