



# Saving Energy



When you save energy you save money  
and natural resources.



# Saving Energy

## TEACHER

Most of the energy we use today comes from coal, oil, and natural gas. They are **fossil fuels**. They take hundreds of millions of years to form. We cannot 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. Do not use paper plates or cups all the time. They are only used once before they are thrown away. Write on both sides of your paper. Use a lunch box and reusable bottle instead of paper bags and boxed drinks. Buy one big bottle of juice instead of six little ones. 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 wrapping around it than food in it. What a waste!

**Reuse:** Try to use things more than once. Clean plastic containers and use them again. Use the comics from newspapers to wrap presents. Buy toys and games at yard sales or exchanges. You can also save energy and money by giving your old clothes and toys to someone who needs them—do not throw them away.

**Repair:** Fix old things whenever you can. Paint an old bike instead of buying a new one.

**Compost:** Put grass clippings, leaves, branches, and food waste into a compost pile instead of throwing them away. It makes great fertilizer for your lawn or garden.

**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, and cans can be recycled over and over again. Plastic bottles can be recycled into clothes and rugs or more plastic bottles. Paper can be recycled into boxes and bags. Do not throw away anything you can recycle.

**Save electricity:** You use a lot of electricity every day. Use only what you need. Do not turn on two lights if you need only 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 and know what you want before you open the door. If you're pouring a drink, do not leave the door open. It takes a lot of energy to cool things. If the air conditioner is on, keep doors and windows closed. Do not go in and out, in and out. If you can, use just a fan and wear light clothes.

**Save heat:** 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. Do not stand in the shower for a long time. Heating water uses energy.

**Save gasoline:** 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.

The things you do every day make a difference. If everyone saves just a little energy, it adds up to a lot.

# Save Energy Every Day



**Keep windows and doors closed when heating or cooling a home.**



**Turn off the water while you brush your teeth.**



**Turn off lights, televisions, radios, computers, video games, and other machines when you leave the room.**



**Use energy-saving LED bulbs. They save energy and money.**



**Take a short shower instead of a bath.**



**Use a programmable thermostat.**



**Make sure the dishwasher is full before turning it on.**



**Decide what you want before opening the refrigerator door.**





# Transportation



**Ride the bus.**



**Ride a bike.**



**Walk to school.**

When appropriate, save energy by using public transportation, riding your bike, or walking.



# Reduce, Reuse, Recycle



**Reduce** the amount of waste to save energy.

Buy a small can of frozen juice to make at home instead of buying a large carton of juice.



**Reuse** things instead of throwing them away.

Use a lunch box again and again instead of a lunch sack that you throw away.



**Recycle** everything you can. Recycling saves energy.

You can recycle paper, aluminum, plastic, and glass.



## Repair



Usually you can fix a flat bicycle tire with a patch.

**Repair** things instead of  
throwing them away.





# Protect the Environment



Saving energy protects  
our environment.