



Next Generation Green Schools Program

# Energy Action Guide

Action steps and resources for our environment

The energy we use has a huge impact on our health and our environment. From global warming and air pollution to toxic waste and increased conflict between nations, our dependence on non-renewable fossil fuels causes major problems for our country and our communities.

**We can make a difference on energy!** We can encourage power companies to produce more energy from renewable sources, and even put solar panels on our homes and school roofs. And we can conserve energy - we can use less at home, at school and at work by doing easy things like shutting off the lights and lowering the heat (check out the checklist on the back of this page).

**When working for a sustainable world, we can keep in mind the 3 R's:**

## *Reduce, Reuse, and Recycle*

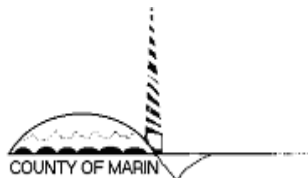
- "Reduce" means using less energy and buying less stuff. It takes a lot of energy to make the stuff you buy. Also, the less stuff we throw away, the less garbage we have to burn or throw into landfills.
- "Reuse" means using things over again. Many things can be used more than once, like glass jars or plastic bags. Every time you reuse something, you save the energy it takes to make a new one.
- "Recycle" means turning waste materials into brand new products. It uses fewer raw materials and saves energy too. Buy recycled products and recycle them again!

**Young people are making a difference for our environment by taking action on issues like energy!** You can too. For help and ideas, contact Next Generation at 415.459.6398 or [info@gonextgeneration.org](mailto:info@gonextgeneration.org), and talk to Green Schools Program Partners including:

- Green Light Solar - [www.greenlightsolar.com](http://www.greenlightsolar.com)
- Marin Municipal Water District - [www.mmwd.org](http://www.mmwd.org)



MARIN MUNICIPAL  
WATER DISTRICT



COUNTY OF MARIN



MARIN COMMUNITY FOUNDATION



CONSERVATION - OUR EARTH, OUR MISSION, OUR JOB

Autodesk



GREENLIGHT  
SOLAR

Pacific Sun



ORGANIC



Bank of Marin



Good Earth  
Natural Foods



MARIN COUNTY STORMWATER  
POLLUTION PREVENTION PROGRAM



NORTH MARIN  
WATER DISTRICT



TamalpaisBank



three twins  
ice cream

# 10 Things YOU Can Do To Save Energy!

A guide to helping your family, your community and the planet

**So what can you do?** We can save energy by conserving it, which is to use less of it, and by using it more efficiently. By saving energy, you are helping to use less of our limited supply of fossil fuels and being kinder to our environment. You're also saving your parents money on utility bills. Every time we take simple actions now, they will add up to big results later.

- DRIVE LESS.** Cars use a huge amount of energy. Other forms of transport like walking, biking, and public transit use far less energy and can be healthier too!
- TURN OFF THE LIGHTS.** If nobody is in a room, lights are not needed. During the day, open the curtains and use sunlight instead of turning on the lights.
- TURN OFF APPLIANCES,** TVs, computers and radios when they are no longer being used.
- KEEP DOORS TO THE OUTSIDE CLOSED** when the heat or air conditioning is on. Each time you open a door, lots of expensive heated or cooled air escapes. That's why it helps to close doors quickly when you come in or go out of the house.
- DON'T LEAVE THE REFRIGERATOR OPEN.** Decide what you want before you open it.
- SWITCH TO ENERGY-EFFICIENT COMPACT FLUORESCENT BULBS,** especially in your home's most often used lamps. They cost more, but you end up saving a lot of money because they use only  $\frac{1}{4}$  the energy as regular light bulbs, and they last up to 10 times longer!
- LOWER THE HEAT AND AIR CONDITIONING.** Learn where in your home the **thermostat** is located. With the help of an adult, check the temperature setting. In the winter, it should be set at the lowest temperature that keeps the house comfortable. Many recommend trying to keep it at 68°F. Similarly, in the summer, it should be set at the highest comfortable setting. Try for 78°F.
- DO LAUNDRY LESS OFTEN AND USE COLDER WATER.** Wash in cold or warm water; you will use less energy than with hot water. Do less laundry. If it's not dirty, don't wash it! When it's sunny, you can help hang the clothes outside instead of using the dryer
- DO FULL LOADS** of laundry and dishes. You use the same amount of energy when you do a half-full load or a full load.
- TURN DOWN THE WATER HEATER'S SETTING** to a lower setting with help from your parents. Don't try this alone!

**TO BE EFFICIENT IS TO BE SMART! You can make a difference!**

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