

Resources – Energy

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

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 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!

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.



9. **Help a grown-up put plastic sheeting on windows**. Blocking cold drafts is called "weatherizing" and it can save a lot of energy.

10. **Help your mom or dad plant a tree to help shade your house on hot summer days**.