

Being more energy efficient in your home can save you money and help the planet.



What is energy efficiency?

Energy Efficiency is when you use less energy to perform the same task, and reduce your energy use. A good example is unplugging your computer when not in use. Improving your energy efficiency can be the cheapest and most immediate way to reduce the use of fossil fuels and help protect the planet.

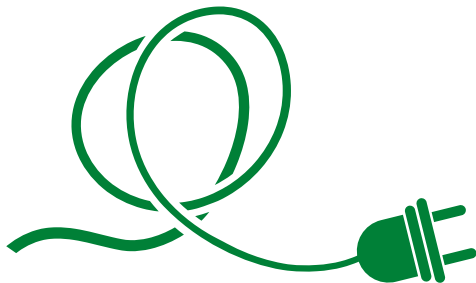
What can we do?

- Simple changes in our habits can lead to big reductions in overall energy consumption. Our campaign, Conserve Maine Energy, is going to help you figure out how to make a difference!
- If you want to see how much your individual energy use affects the planet, check your carbon footprint at footprintcalculator.org

When you use less energy around your home, you require less energy from power plants.



With less demand, fewer harmful pollutants are released into the atmosphere.



For more activities and information visit REvUpTheFun.org



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How can you help?

Energy efficiency activity!



ENERGY checklist

Go through each item on the energy checklist with your family, while walking through each room in your home. Check off the things your family currently does and indicate which actions you want to start doing to help save energy.

Explain the importance of energy conservation!

- Turn off the lights when leaving a room _____
- Unplug chargers once devices are powered up _____
- Shutdown computer(s) or set to sleep/hibernate mode when not in use _____
- Use natural lighting whenever possible _____
- Use LED light bulbs in lamps/lighting _____
- Take showers that are shorter than 5-10 minutes _____
- Use fans instead of air conditioners _____
- Turn off the faucet when brushing my teeth _____
- Use reusable items such as lunch boxes and tupperware _____
- Look for second hand options before purchasing anything new _____
- Recycle everything properly _____
- Shop locally and remember to bring own reusable bags _____
- Only run the dishwasher when it is full _____
- Wash clothes in cold water _____
- Turn off power strip when television is off _____
- I will encourage my friends and family to be more energy conscious _____