The University of Iowa

CGRER Center for Global & Regional Environmental Research

Ways YOU can save energy every day

High School Level: 10-12

Renewable energy

- What is *renewable energy*?
- Why do we care about it?
- What can *YOU* do to save energy?

Change your lights

- Help your parents switch from normal light bulbs to fluorescent light bulbs

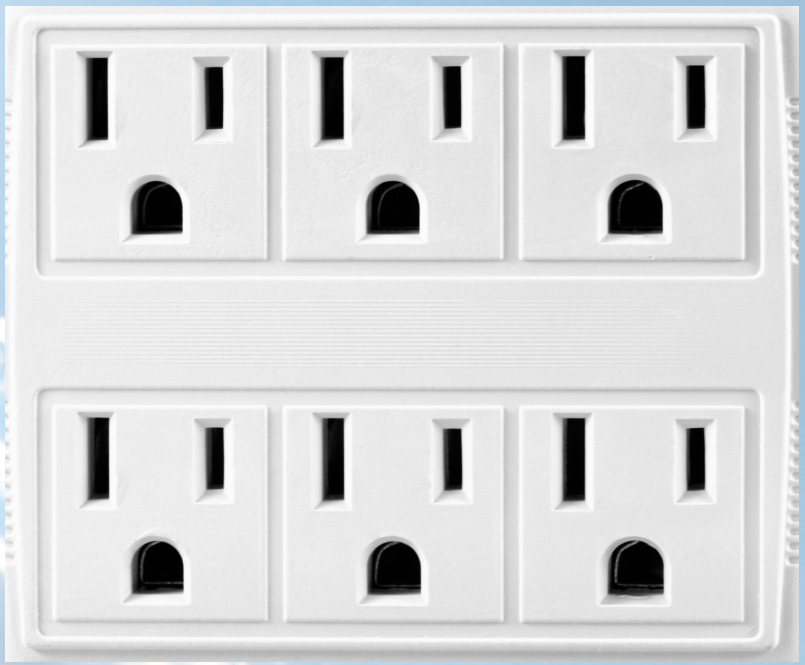
- They last 10 times longer

Shower tips

- Take showers instead of baths
- Switch to low-flow shower heads
- Try a sailor shower

Turn electronics off

- If you don't need lights, turn them off
- Unplug electronics you aren't using



- Even if they are turned off, they are still using energy!

Be a careful cleaner

- Don't run the dishwasher until there is a full load
- If you can, run the washing machine with **cold water**
- Air dry your clothes more often and use the dryer less often

Chose bright colors

- Choose light colors for your bedroom walls and decorations

Slow down!

- Drive the speed limit
  - The faster your drive, the harder your engine works
  - This burns more gas

Check your tires

- Check the air in your tires often, and keep them inflated

Bike whenever possible

- Biking is:
  - Carbon neutral
  - Inexpensive
  - Healthy
  - Fun

You can do it!

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