



## ENERGY STAR Day Energy-Saving Actions

ENERGY STAR makes it easy for you and your family to save energy and money while you do your part to help protect the planet this October. Check out the energy-saving actions you can take to start making a difference today.

Pick one or more actions to pledge in celebration of ENERGY STAR Day and write it in on the back.

### Take Action to Save Energy

- ★ Turn off the TV, lights, fans, and other electronics when not using them.
- ★ Recycle paper, plastic, glass, and cans. When purchasing new items, look for ones made from recycled materials.
- ★ Use the power management settings for the computer and monitor when you take a break.
- ★ Plant a tree.
- ★ Walk, ride a bike, or skateboard instead of using a car.
- ★ Keep doors and windows closed when the air-conditioning or heat is on. Hot and cold air escape quickly!
- ★ When your family is shopping for a new TV, light bulb, appliance, or other product that uses energy, recommend that they look for products that are labeled with the ENERGY STAR logo. This means that they are certified as energy efficient by the EPA.
- ★ Get your family to take the ENERGY STAR Pledge at [www.energystar.gov/pledge](http://www.energystar.gov/pledge).

### Share Your Energy-Saving Actions

Show your friends and family what you're doing to save energy by sharing it on social media. Snap a selfie of your latest energy-saving action or post a message about your commitment to change the world. Tag your posts with #ENERGYSTARDay to join the conversation and inspire others!

**Teachers:** Collect all the students' pledges and display them prominently in the classroom or somewhere in the school to inspire others to take energy-saving actions in October. Take a picture of your students in front of their pledges and send it to us using email ([changetheworld@energystar.gov](mailto:changetheworld@energystar.gov)), Facebook ([facebook.com/energystar](https://facebook.com/energystar)), or Twitter ([twitter.com/energystar](https://twitter.com/energystar)). We will share it as part of our Twitter Party on ENERGY STAR Day, October 27th at 2:00 p.m. EDT.

Visit [www.energystar.gov/ESDay](http://www.energystar.gov/ESDay)



# Take the ENERGY STAR Day Pledge and Protect the Planet!

I'M PLEDGING TO:



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Visit [www.energystar.gov/ESDay](http://www.energystar.gov/ESDay)

