Team ENERGY STAR Action Kit

Congratulations for joining Team ENERGY STAR in saving energy, saving money, and protecting the climate. This Action Kit will give you everything you need to have fun making a difference with your family, your friends, and throughout your communities. Thank you for your participation!

Let's start with the basics. How does saving energy help protect the climate? When we use electricity in our homes, chances are a power plant somewhere is burning fossil fuels (like coal, oil, or natural gas) to produce that power. This creates greenhouse gas emissions that contribute to climate change, a real and urgent challenge affecting people, and the environment, worldwide.

Did you know that the average home causes twice the greenhouse gas emissions as the average car? By using less energy in our homes, we can reduce the amount of fossil fuels being burned, which means fewer greenhouse gas emissions released into the atmosphere that contribute to climate change.

What does preventing climate change have to do with Team ENERGY STAR? Team ENERGY STAR is about joining others and your family in making a difference for the planet by helping them save energy at home. Every little bit counts, so everything you and your family can do from turning out the lights before you leave the room to looking for the ENERGY STAR label on appliances when you need a new one will save energy. The more energy you save, the fewer greenhouse gas emissions there will be which means a healthier climate. Last year, with the help of ENERGY STAR, Americans saved $24 billion on their utility bills and prevented about 242 million metric tons of greenhouse gas emissions—equivalent to the emissions from 43 million cars. Now that's a lot less air pollution!

Team ENERGY STAR is a great way to start making a difference for a healthier planet and healthier people. This year, Team ENERGY STAR also includes the heroic team from the new film, EPIC, so you can not only join your family and friends, but also with this elite band of warriors and comical, larger-than-life characters to help save their world…and ours!

LEARN MORE AT energystar.gov

epic ONLY IN THEATERS

BOYS & GIRLS CLUBS OF AMERICA

Ready to get started? By joining Team ENERGY STAR, you have agreed to help:

1. Save Energy at Home

The first step is to learn how you and your family can save energy at home. Review this Action Kit for ideas on how to get started and develop your savings plan.

2. Help Your Family and Friends Save Energy

The next step is to work with your family to actually start saving with our comprehensive ENERGY STAR Home Check-Up, included in this Action Kit. Conduct a check-up with your family at home first, and then you can try it at others' homes, as well. Soon you'll become an energy-saver expert!

3. Encourage Your Family and Friends to Take the ENERGY STAR Pledge (Found at energystar.gov/changetheworld)

Your family can take the pledge in support of Team ENERGY STAR. Start with your family and talk about what all of you can pledge together, then you can invite other families in your community, too. It's easy to do and it will help everyone learn how they can save energy, money, and help protect the environment all at the same time.

4. Share all the Cool Things You're Doing to Save Energy and Inspire Others

Once you have started saving energy with ENERGY STAR, it's time to share your success story and tell the world how you are helping the team in the EPIC fight to protect the climate. Along with this Action Kit, on the Team ENERGY STAR Resources page, you will also find the EPIC Pledge. Print this out and choose what you want to pledge for saving energy in your home. Fill out the EPIC Pledge sheet and take a picture of yourself holding the pledge. Next, share your story on the Team ENERGY STAR Share Your Story page, and tell the world what you are doing to fulfill on your pledge and support the EPIC fight to protect the climate. Stay tuned for what prizes Team ENERGY STAR has in store for you for both sharing your story and being a top entry courtesy of Fox and ENERGY STAR partner organizations.

TEAM ENERGY STAR RESOURCES

Below are some Team ENERGY STAR resources to help you accomplish all the Team ENERGY STAR steps and Challenges.

Energy-Saving Tips and Tools
A list of easy ways you can start saving energy with ENERGY STAR—and you don't need an adult!

ENERGY STAR Home Check-Up
Use the ENERGY STAR Home Check-Up to check on the energy efficiency of your home or others' homes. Learn how products and other aspects of the home can affect energy costs and how you can help your family, friends, and community use less energy and save on those costs. Plus, you'll be doing something good for the environment!

ENERGY STAR Pledge
The ENERGY STAR Pledge is a great list of actions that your family and friends can take to start saving energy, money, and protect the climate today. Visit energystar.gov/changetheworld to take the pledge today!

Team ENERGY STAR Tips and EPIC Pledge
Find out quick and easy ways you can start saving energy with Team ENERGY STAR today and make your EPIC Pledge for what you plan to do. Take a picture of yourself holding your EPIC Pledge and submit it to energystar.gov/team for a chance to win tickets to the new film, EPIC, courtesy of PTO Today and Fox.

Other Fun Energy-Saving Activities and Games
You can have fun learning how to save energy by downloading other Team ENERGY STAR materials available on the Team ENERGY STAR Resources page. Also available are Team ENERGY STAR activity booklets and the new EPIC-themed "Professor Bomba Binoculars" activity, courtesy of Aaron Brothers Art & Framing. These binoculars will help kids see the world in a whole new way with a list of simple ways to save energy and protect the environment at home and at school.

Change the World, Start with ENERGY STAR Campaign
Remember to tell your family members to visit energystar.gov/changetheworld to find out how they can save energy with ENERGY STAR and join our climate protection movement. They'll find a cool map and pictures and stories representing what people across the country are doing to make a difference with ENERGY STAR. Review the map to see if there is an event near you that your family might want to participate in and be sure to have them take the ENERGY STAR Pledge!

Thanks again for your participation in Team ENERGY STAR and your help in the EPIC fight to protect the climate with ENERGY STAR!

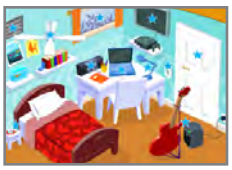
Energy-Saving Tips and Tools

There are a lot of simple things that you can do to save energy in your home and your community. Review these tips and tools to find out how you can start saving today!

- Turn off the TV, lights, fans, and other electronics when you aren't using them.
- Unplug battery chargers when devices (cell phone, MP3 player, or camera) are finished charging. The chargers still use energy from the outlet, even when they aren't connected to a device.
- Use a smart power strip to make sure all electronics are turned off when not in use.
- Put your computer to sleep. Use the power management settings for your computer and monitor.

- Walk, ride a bike, or skateboard instead of using a car. Cars burn fossil fuels, which contribute to climate change. The less we use, the better!
- Keep doors and windows closed when the air conditioning or heat is on. Hot and cold air escape quickly. Don't let it get away!

- Don't leave the refrigerator door hanging open when you're figuring out what to eat.
- Help your family weatherstrip windows and doors where there are drafts.
- Replace HVAC filters at least once every 3 months.
- Set your thermostat to save the most energy when you're at home, asleep, and away.



- Save on hot water use by not leaving the faucet running and taking shorter showers – preferably under 5 minutes.
- When your family is shopping for a new TV, lightbulb, appliance, or other product that uses energy, recommend that they look for the ENERGY STAR logo, featured above. Visit www.energystar.gov/products for a complete list.
- Visit the ENERGY STAR Kid's page - www.energystar.gov/kids - for more fun games and activities.
- Check out the ENERGY STAR Kid's Room- www.energystar.gov/kidsroom - and get tips on how to be an ENERGY STAR … right in your own bedroom. There's also www.energystar.gov/home with tips on saving energy for your whole home.
- Review the ENERGY STAR Home Check-Up included in this kit for a complete list of things you can do in your home with your family to save energy, money, and the planet.

ENERGY STAR Home Check-Up

Use this ENERGY STAR Home Check-Up to walk through your home with your family (or someone else's home, too) and identify ways to start saving energy, money, and the planet right away. Regardless of whether you live in a single-family home or an apartment or you rent or own, there are several ideas here that can help you save—so just review and pick those that work for your home.

First you **Investigate** by checking your home for ways to save energy. Then you **Educate** your family member (that is the person(s) who lives at home with you who will join you for the check up) on how to save energy. You can then show your family how to take action to make changes—this is the **Activate** part. And once you activate the change, you not only **Save** energy, money, and the environment, but you help change the world—one home, one family at a time.

ENERGY STAR

ENERGY STAR for the home includes ENERGY STAR certified products as well as a variety of energy-saving practices that you can implement in your home to save energy—from simple tips like turning off lights and TVs before you leave a room to bigger projects like adding insulation in that attic. ENERGY STAR certified products are third-party certified to meet strict energy-efficiency requirements set by the Environmental Protection Agency. That means they will save energy and saving energy saves money and reduces greenhouse gas pollution that contributes to climate change.

LIGHTING

★ INVESTIGATE:

- Look for incandescent light bulbs (the old-fashioned kind of light bulbs, with filaments) as pictured on the next page.

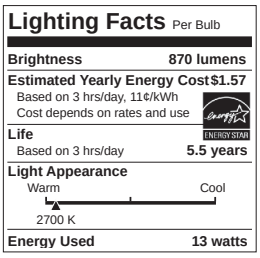
★ EDUCATE:

With so many lighting choices these days, the best way to find an energy-saving light is to look for the ENERGY STAR label. ENERGY STAR certified bulbs use about 75 percent less energy than incandescent bulbs and last 10 times longer.

- ENERGY STAR certified light bulbs come in all shapes and sizes, including Compact Fluorescent Light

Bulbs (CFLs) and Light Emitting Diode (LED) bulbs. Both look different than old bulbs because they use a newer technology than regular light bulbs — you might be able to tell they're CFLs if they look swirly, but I wouldn't try to guess. Just look for the ENERGY STAR label and no matter the technology you will be getting a bulb that meets strict guidelines for maximum energy efficiency.

- ENERGY STAR also means high quality and performance. Bulbs with the ENERGY STAR label have undergone extensive testing to make sure they not only save energy, but they also perform properly. ENERGY STAR's strict performance requirements ensure that ENERGY STAR certified bulbs light up quickly, don't flicker or hum, and maintain their brightness and light quality for a long time.
- For brightness, look for lumens, not watts. ENERGY STAR certified bulbs provide more lumens for less watts. Check out the "How Much Light Do I need" chart on page 9 for help. Manufacturers are also required to include a lighting fact label on bulb packaging with information on lumens and energy used (see image at right).



- Because there are so many different kinds of bulbs, take the time to make sure you are using the correct bulb for each fixture. The "Bulb Purchasing Guide" on page 9 will help.
- Remember to tell your family to recycle the CFL when it burns out. They can take them to most local hardware or home improvement stores, or go to www2.epa.gov/cfl or www.earth911.org to identify local recycling options.

★ ACTIVATE:

- Encourage the resident to start by changing out incandescent bulbs in lights that get used the most, to get the most savings. Typically these are the kitchen ceiling light, living room table and floor lamps, bathroom vanity, and outdoor porch or post lamp.
- Supply the resident with the "Bulb Purchasing Guide" at the end of this Check-Up so he/she can learn more about ENERGY STAR lighting, choose the right bulbs for the home, and learn how to safely handle and dispose of bulbs.

★ SAVE:

- By replacing a home's five most frequently used light fixtures or the bulbs in them with ENERGY STAR certified lighting, the resident can save $75 each year. And if every American home replaced just one light with an ENERGY STAR light, we would save enough energy to light 3 million homes for a year and prevent 9 billion pounds of greenhouse gas emissions per year, equivalent to the emissions from 800,000 cars.
- To save more energy, make sure you only have the lights on when you need them.

ELECTRONICS

	ENERGY STAR	NOT ENERGY STAR
TV		
DVD		
VCR		
Portable phone		
Cable box		
Computer		
Laptop		
Printer/Scanner/Copier		

Use these examples to look for the **ENERGY STAR**:

★ INVESTIGATE:

- Ask the resident if the products listed to the right are ENERGY STAR certified, and check to see if there is a visible ENERGY STAR label. See pictures on the next page for examples of how the label might appear. The label might be black, blue, or silver. Remind the resident that it might have been on the box or manual that came with the product. If the resident doesn't remember and no logo can be found on or related to the product, then assume that it is not certified for the purposes of this exercise.
- Find out if the computer(s) is set to "sleep" when not in use.

★ EDUCATE:

- The ENERGY STAR label on any of these products means it uses less energy than a standard model, which means fewer greenhouse gas emissions.
- Suggest that the resident look for the ENERGY STAR the next time he/she replaces one of his/her electronic products.
- Turning off computers when they're not in use doesn't hurt them, and it's a great way to save energy!
- Enabling an ENERGY STAR certified desktop computer and monitor's power management features, which put them to sleep when not in use, can save up to $90 per year.

★ ACTIVATE:

- If the resident has a computer and/or monitor, suggest enabling the power management or "sleep" settings, following the directions included in the "How to Power Manage Your Computer" sheet at the end of this Check-Up.
- Suggest that the resident plug office products and home entertainment equipment into power strips so everything can be turned off with the flip of a switch. Turn off equipment at night or when not in use.

- Suggest that the resident pick the "home" or "standard" or "regular" setting on the set-up menu of his/her television that is most appropriate for home use. Reducing the brightness of a TV set cuts its energy use by as much as 30 percent.
- Walk around the home with the resident and suggest unplugging any power adapters that are not charging products.

★ SAVE:

- If every TV, DVD player, and home theater system purchased in the U.S. this year was ENERGY STAR certified, we would save more than $260 million in annual energy costs and prevent more than 3 billion pounds of greenhouse gas emissions per year, equivalent to the emissions from more than 300,000 cars.
- If every home office product purchased in the U.S. this year was ENERGY STAR certified, we would save more than $117 million in annual energy costs while preventing 1.5 billion pounds of greenhouse gases, equivalent to emissions from 158,000 cars.

APPLIANCES

	ENERGY STAR	NOT ENERGY STAR
Refrigerator		
Clothes washer		
Dishwasher		
Dehumidifier		
Room air conditioner		

★ INVESTIGATE:

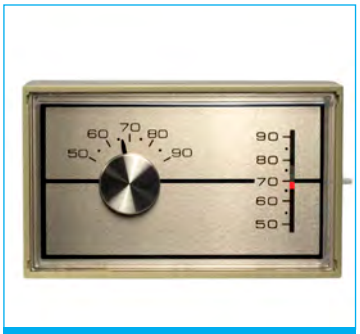
- Ask the resident if the products listed above are ENERGY STAR certified, and check the products for an ENERGY STAR label. See pictures on the right for examples of where the label might appear. Look on the front of the appliance as well as inside the door. Remind the resident that it might have been on the box or manual that came with the product. If the resident doesn't remember and no logo can be found on or related to the product, then assume that it is not certified for the purposes of this exercise.
- Find out if there's an old, pre-1993 refrigerator in the basement or garage.

Use these examples to look for the **ENERGY STAR**:

★ EDUCATE:

- The ENERGY STAR label on any product means it uses less energy than a standard model, which means lower utility bills and fewer greenhouse gas emissions.
- Next time the resident wants to replace an appliance, recommend looking for the ENERGY STAR.
- Think twice before putting an old refrigerator to use in the garage or basement—operating a refrigerator manufactured before 1993 uses over 1,000 KWh per year to operate.
- The average household spends $260 per year on water heating—one of a home's highest energy costs, behind heating and cooling.

Programmable Thermostat



Non-Programmable Thermostat

★ ACTIVATE:

Suggest that the resident:

- Wash laundry with cold water whenever possible, and wait until there's a full load to start washing.
- Run the dishwasher with a full load, and use the air-dry function if available.
- Scrape food off of plates instead of rinsing them before loading the dishwasher. It will save water and energy.
- Save energy with your water heater by turning down the thermostat to 120 degrees and wrapping it with an insulating jacket, which can save more than $30 per year in excess heat loss.

★ SAVE:

- If every refrigerator, dishwasher, and clothes washer bought in the U.S. this year was ENERGY STAR certified, we would prevent more than 2 billion pounds of greenhouse gas emissions per year and save $360 million on our annual energy costs.

HAVE YOU:	YES	NO
Changed the air filter in the last 3 months?		
Removed leaves, dirt, and other debris from around the outdoor components of the system?		
Had a contractor inspect the duct system for signs of leaks, tears, and disconnections?		
Had the heating and cooling equipment inspected by a professional in the last year?		

HEATING AND COOLING

★ INVESTIGATE:

- Does the home have central air conditioning and/or a forced-air heating system (which means there will be air vents in the home instead of radiators or baseboard heaters)? If yes, go to the next bullet. If no, skip to the third bullet.

- If yes, ask the resident these questions about his/her heating and cooling system:
- If the home does not have central air conditioning and/or forced-air heating, suggest that the resident choose ENERGY STAR when purchasing a new furnace or boiler.
- Ask the resident if he/she has installed a programmable thermostat and programmed it properly. You'll know it's a programmable thermostat if it allows you to digitally program in temperatures for specific times of the day throughout the week using a screen and buttons. The home might have a manual thermostat instead, which just has a dial or lever. See the pictures on the right for help.

★ EDUCATE:

- Heating and cooling costs the average homeowner a lot of money—about $1,000 a year! That's nearly half of his/her total energy bill.
- With proper use, programmable thermostats can save over $180 in energy costs. (See directions on how to properly program a thermostat on the following page.)
- Using a ceiling fan is a really great way to save energy by circulating the air inside of a room. You can save by turning your thermostat up a little in the summer since the ceiling fan will make you feel cooler. Don't forget to turn off the fan when leaving the room since ceiling fans cool YOU, not the room.
- The air filters on the furnace need to be checked every month. Replace them if they look dirty, or at least once every 3 months.
- It's a good idea to have a tune-up on the home's air conditioning system each spring and on the furnace or boiler each fall; it helps the home's heating and cooling system work better.
- In homes with forced-air heating or cooling systems, ducts move air to the rooms around the home and return it to the central unit. These ducts are often big energy wasters! You can save up to $200 a year in heating and cooling costs (or 10 percent on your energy bill) by sealing and insulating your home with guidance from ENERGY STAR.

★ ACTIVATE:

- If there is a programmable thermostat, encourage the resident to program it based on whether he/she is at home, away from home, or asleep per the chart on the next page. Staying within a range of these recommended temperatures will provide the most savings. If the home has a manual thermostat, the resident can also manually change the temperature throughout the day based on the same recommendations, but he/she must do this every time to get the savings.
- If the resident has a ceiling fan, suggest that he/she check to make sure that it is blowing air downward in the summer to help feel cooler. Fans can also be used to pull air up and help circulate warm air in the winter.
- Look around the home at the heat registers and vents—they should be clear of any furniture or rugs. If they are covered or blocked, recommend that the resident keep them clear to improve air flow and comfort.
- When the furnace/air conditioner is on, suggest that the resident go around the home and check how much air is coming out of each register or vent. If there is no air or very

PROGRAMMABLE THERMOSTAT SETPOINT TIMES & TEMPERATURES

SETTING	TIME*	IN WINTER	IN SUMMER
Wake		≤ 70° F	78° F
Leave		Set back at least 8° F	Set up at least 7° F
Return		70° F	78° F
Sleep		≤ Set back at least 8° F	Set up at least 4° F

***If the resident would like to program the thermostat with you, ask him/her what times best coincide with these settings and use the table to re-program the thermostat.**

little coming out, it could indicate a leak in the system, and the resident should hire a contractor to investigate further.

- Work with resident to remove leaves, dirt, and other debris from around the outdoor components of the system to improve efficiency.
- Have the resident order EPA's "A Guide to Energy-Efficient Heating and Cooling" from the ENERGY STAR publications website listed on the Resources hand-out at the end of this Check-Up for more information on how to save energy and money and keep his/her home comfortable.

★ SAVE:

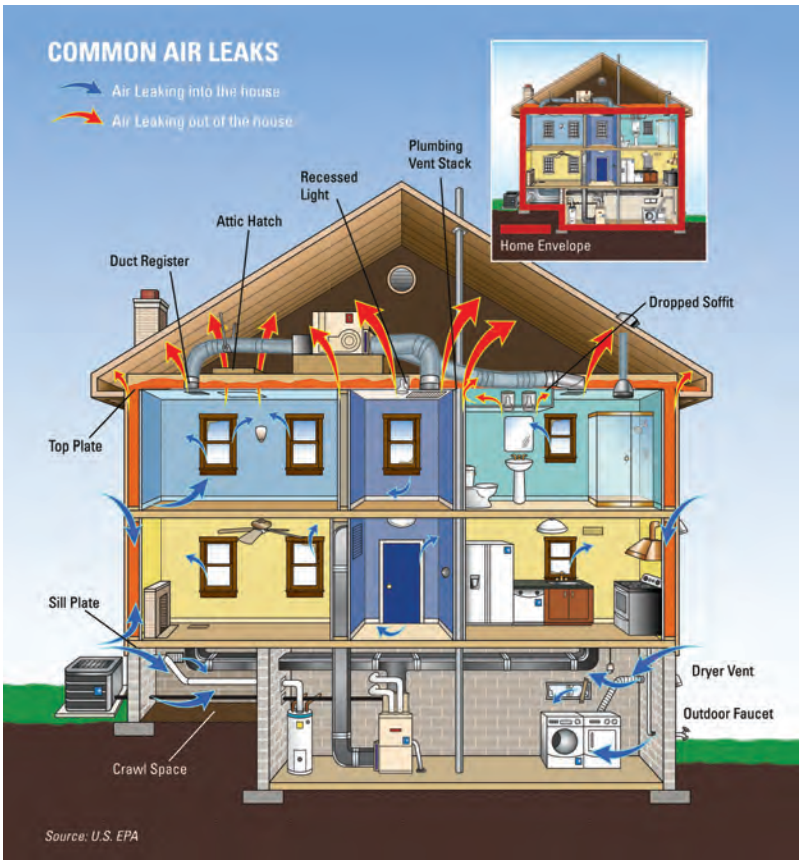
- If a home's heating and cooling equipment is more than 10 years old, or is not keeping the home comfortable, consider replacing it with a model that has earned the ENERGY STAR. Depending on where you live, replacing your old heating and cooling equipment with equipment that has earned the ENERGY STAR can cut your annual energy bill by more than $200.

DO YOU FEEL AIR LEAKS OR SEE GAPS:	YES	NO
Around windows?		
Around the front and back doors?		
Near electrical outlets?		
Near outdoor faucets?		
Around pipes under the kitchen sink?		
Around the dryer vent?		
Around recessed lights?		

AIR LEAKS & INSULATION

★ INVESTIGATE:

- Ask the resident if he/she often feels drafts or sees gaps in the below areas around the home.
- Then, use a playing card to find doors that could benefit from weather stripping. If you can fit the card between doors and door jambs, weather stripping or a door sweep can be used to help keep out drafts.



★ EDUCATE:

- Air leaks, like these shown in the graphic on the right, waste energy and make a home less comfortable. In fact, the average home has enough air leaks that it is like keeping a window open all year long. There are easy ways to fix leaks with products such as caulk, weather stripping, or spray foam.
- Insulation helps to keep a home warm in the winter and cool in the summer, but most homes today do not have enough insulation in the attic.
- If you're in a colder part of the country, ask the resident if icicles often hang from the roof, or if the snow melts off of the roof earlier than off of neighbors' roofs. This problem may suggest that heat is escaping, and air sealing and additional insulation in the attic may be needed.

- ENERGY STAR certified windows can help reduce a home's energy bill up to 15 percent. They protect from the winter cold and summer sun, plus reduce condensation and interior fading. Also, during cold weather, take advantage of the sun's warmth by keeping drapes open during sunny days. To keep the heat out during the summer, close window shades and drapes in hot, sunny weather.

★ ACTIVATE:

- Have the resident order EPA's "Do-It-Yourself Guide to Sealing and Insulating with ENERGY STAR" from the ENERGY STAR publications website listed on the Resources hand-out at the end of this Check-Up for more information about how to fix air leaks all over the home.
- If the resident has an attic, suggest that he/she check the insulation levels. If the insulation is level with or below the attic floor joists, the home probably needs more.

★ SAVE:

- Residents can save up 10 percent on a home's energy bill—or up to $200 a year—by Sealing and Insulating with ENERGY STAR.

THE ENERGY STAR PLEDGE

Encourage your family and friends to save energy and take the ENERGY STAR Pledge online at www.energystar.gov/changetheworld. The pledge includes simple actions you can take at home to start saving energy and money. People can pledge one item to get started, then come back and do more when they are ready.

Thank whoever joined you for the ENERGY STAR Home Check-Up for their time and for the difference they are making for the environment, and make sure they take the pledge to demonstrate how they plan to make a difference with ENERGY STAR now that they have learned all the different ways to save.

LEARN MORE AT energystar.gov

epic ONLY IN THEATERS

BOYS & GIRLS CLUBS OF AMERICA

LEARN MORE AT energystar.gov

Bulb Purchasing Guide

My Fixture Has A …

Dimmer	Look for an ENERGY STAR® qualified bulb that is marked "Dimmable". Learn more
Three-way socket	Look for an ENERGY STAR qualified bulb that is marked "3-Way". Learn more
Electronic control	Check with the manufacturer of your photocell, motion sensor, or timer for compatibility with energy efficient lighting. Learn more

What Color Would Work Best For My Use?

With ENERGY STAR light bulbs you have options for your white light. Light color is measured on the Kelvin scale (K). As you see below, lower numbers mean the light appears yellowish and higher numbers mean the light is whiter or bluer.
Learn more

Warm White, Soft White	**Cool White, Neutral White**	**Natural or Daylight (think blue sky at noon)**
Standard color of incandescent bulbs.	Good for kitchens and work spaces.	Good for reading.
2700K 3000K	3500K 4100K	5000K 6500K

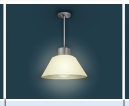
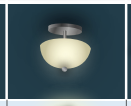
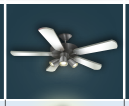
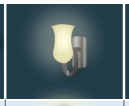
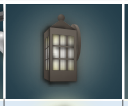
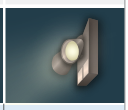
How Much Light Do I Want?

To determine which ENERGY STAR qualified light bulbs will provide the same amount of light as your current incandescent light bulbs, consult the following chart but focus on lumens to make sure you get the right amount of light:
Learn more

Incandescent Bulbs (watts)	**Minimum Light Output** (lumens)	**ENERGY STAR Qualified Bulbs** (watts)
40	450	9 to 13
60	800	13 to 15
75	1,100	18 to 25
100	1,600	23 to 30
150	2,600	30 to 52

Notes: _____

How to Choose
the right ENERGY STAR® Qualified Bulbs

	Table/ Floor Lamps	Pendant Fixtures	Ceiling Fixtures	Ceiling Fans	Wall Sconces	Recessed Cans	Track Lighting	Outdoor Covered	Outdoor Flood
									
Spiral	✓		✓	✓	✓			✓	
Covered A-shaped	✓	✓		✓				✓	
Globe		✓							
Tube	✓		✓		✓			✓	
Candle				✓	✓			✓	
Indoor Reflector				✓		✓	✓		
Outdoor Reflector									✓

Download the Light Bulb Finder mobile app at www.lightbulbfinder.net while you're on the go to find energy-saving bulbs near you.

LEARN MORE AT energystar.gov

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BOYS & GIRLS CLUBS OF AMERICA

HOW TO POWER MANAGE
YOUR COMPUTER

Homeowners can save money by activating the power management features on a computer or laptop.

Enabling "sleep" features can save you as much as $90 per system annually. Also, you can save energy, money, and the environment just by activating your power management!

ENERGY STAR Power Management features—standard in Windows and Macintosh operating systems—place monitors and computers (CPU, hard drive, etc.) into a low-power "sleep mode" after 5 to 20 minutes of inactivity. Touching the mouse or keyboard "wakes" the computer and monitor in seconds. The lower the setting, the more energy you save.

For a PC

To configure the Power Management on most Windows programs:

Click **START**, **RUN**, and then **CONTROL PANEL**.

Double click on **PERFORMANCE AND MAINTENANCE**.

Click **POWER OPTIONS**.

The Power Options Properties dialog box should now be displayed with the Power Schemes tab selected. Here you can set timeouts for your monitor, system standby, and hibernate. Notebook computer users can specify an alternative power scheme that will take effect when the PC is running on battery power.

For a MAC

To configure the Power Management on most Mac programs:

Click on the **APPLE symbol** (Apple Menu) in the upper left of your screen.

Go to "System Preferences."

Click **SHOW ALL** (if necessary).

Select **ENERGY SAVER** from the "Hardware" row.

Set "Put the computer to sleep when it is inactive for" to 30 minutes using the slider.

Set "Put the Display to Sleep when the computer is inactive for" to 5 minutes using the slider.

To maximize savings, EPA recommends setting computers to enter system standby or hibernate after 15 to 60 minutes of inactivity. To save even more, set monitors to enter sleep mode after 5 to 20 minutes of inactivity. The lower the setting, the more energy you save. The "Turn off hard disks" setting does not save much power, and can be ignored.

If you are not able to select a hibernate timeout, you may need to enable the hibernate feature. To do so select the **HIBERNATE tab** in Power Options Properties, check "Enable Hibernation" and click **APPLY** or **OK**.

For a clickable list of resources, please visit the ENERGY STAR Power Management Web site at www.energystar.gov/powermanagement.

LEARN MORE AT energystar.gov

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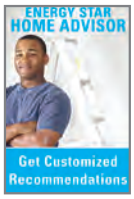
ENERGY STAR ONLINE RESOURCES

The U.S. Environmental Protection Agency offers a variety of tools to help people make home improvements, find energy-efficient products, bring energy efficiency practices to work and their communities, and get tips on how to save energy, save money, and protect the environment.

ENERGY STAR HOME ADVISOR

www.energystar.gov/homeadvisor

- Get customized recommendations on home improvement projects.
- Make a plan to get started.
- Increase your household's energy efficiency and comfort.



HOME ENERGY YARDSTICK

www.energystar.gov/yardstick

- Compare your household's energy use to others across the country.
- Get your score and recommendations for improvement.
- Make your home improvements and come back in 12 months to see how much you've saved.

ENERGY STAR @ HOME

www.energystar.gov/home

- Take a room-by-room tour.
- Learn what steps you can take to save energy, save money, and help protect our environment.

ENERGY STAR @ WORK

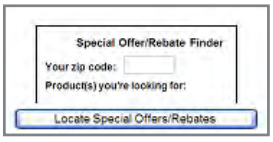
www.energystar.gov/work

- Take a tour of an office.
- See how you can save energy—and protect the environment—all without leaving your desk

REBATE FINDER

www.energystar.gov/rebatefinder

- Find special offers in your city or state sponsored by ENERGY STAR partners, such as:
  - Sales tax exemptions or credits
  - Rebates on certified products
  - Recycling incentives



TAX CREDITS FOR ENERGY EFFICIENCY

www.energystar.gov/taxcredits

- Learn about tax credits available for purchasing energy-efficient products.
- Discover tax credits for home builders and tax deductions for commercial buildings.
- Read frequently asked questions.

ENERGY STAR PODCASTS

www.energystar.gov/podcasts

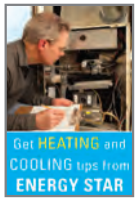
- Watch video podcasts to learn how to make energy-efficient improvements.

ENERGY STAR PODCAST

HEATING & COOLING QUIZ

www.energystar.gov/homeimprovement

- This simple online tool asks homeowners five basic questions about the HVAC system to see if it is being properly maintained.
- Based on their answers, ENERGY STAR provides tips on increasing efficiency through proper maintenance.



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CHANGE THE WORLD, START WITH ENERGY STAR

www.energystar.gov/changetheworld

- This site represents the hub of what all Americans are doing to save energy, money, and protect the climate as part of our Change the World, Start with ENERGY STAR campaign. See what others are doing to make a difference at home, at work, and in the community with ENERGY STAR and how you can get involved.

ENERGY STAR SOCIAL MEDIA

- Facebook: www.facebook.com/ENERGYSTAR
- Twitter: www.twitter.com/ENERGYSTAR and www.twitter.com/ENERGYSTARBldgs
- YouTube: www.youtube.com/EPAENERGYSTAR

ENERGY STAR PUBLICATIONS

www.energystar.gov/publications

- Order free informational materials to use yourself or share in your community:
  - Guide to Energy-Efficient Heating and Cooling
  - Do-It-Yourself Guide to Home Sealing
  - Bring Your Green to Work tip card
  - Join Us in the Fight Against Climate Change booklet

RESOURCES FOR KIDS

ENERGY STAR KIDS PAGE

www.energystar.gov/kids

- Kids can learn how to make a difference in protecting the environment.
- Find fun games and activities.

ENERGY STAR KID'S ROOM

www.energystar.gov/kidsroom

- Be an ENERGY STAR … right in your own bedroom.
- See tips on how kids can make big changes to save energy.

TEAM ENERGY STAR

www.energystar.gov/team

- Know kids or have kids of your own? Get them involved in Team ENERGY STAR to join with the heroic characters from EPIC in helping your family protect the climate with ENERGY STAR. Learn about saving energy, money, and helping protect the planet all while earning cool rewards.