



Team ENERGY STAR Action Kit

Congratulations on joining the U.S. Environmental Protection Agency (EPA) and the Lorax in saving energy, saving money, and protecting the climate with Team ENERGY STAR. 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 the Lorax and speaking for the trees? Trees not only need a healthy environment in order to grow and flourish, they also are a great help in preventing climate change because they actually absorb greenhouse gases. So the more trees, the fewer greenhouse gases there will be in the atmosphere. Last year, with the help of ENERGY STAR, Americans saved \$23 billion on their utility bills and prevented about 210 million metric tons of greenhouse gas emissions – equivalent to planting 44 million acres of trees. Now that's a whole lot of truffulas!

Team ENERGY STAR is a great way to start making a difference for a healthier planet, with healthier trees and healthier people. 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 www.energystar.gov/changetheworld)

Your family can take the ENERGY STAR Pledge in support of Team ENERGY STAR. Consider talking to them about what all of you can pledge together, then you can talk to other families in your community, too. It's easy to do and 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 becoming the Lorax. All you have to do is submit a written story describing what you are doing to make a difference at home or in your community and submit it with a picture of yourself. Check out the Become the Lorax Mustache Kit in this Action Kit and you can either take a picture of yourself with the mustache or, if EPA decides that you have, indeed, become a Lorax, we will add a mustache for you. You can share your picture among your own social networks and with us at EPA. In turn, you will be recognized by EPA through our social networks so we can start a whole Team ENERGY STAR movement!

TEAM ENERGY STAR RESOURCES

Below are some EPA resources to help you accomplish all the Team ENERGY STAR steps and Challenges. Most of these materials can be found both here in the Action Kit and for download individually on the Team ENERGY STAR page.

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 www.energystar.gov/changetheworld to take the pledge today!

Energy Efficiency Games

Check out these fun games and see if you learn something new while you're doing them.

Become a Lorax Mustache Kit

Yes, you, too, can become the Lorax! And, once you start putting these ideas into action, make sure you share your story and submit it with a picture of yourself with the mustache.

Team ENERGY STAR Activity Booklet

This activity booklet is filled with more fun games and a poster that you can color in and display at home to remind your family about ideas for saving energy.

Change the World, Start with ENERGY STAR Campaign

Be sure to check out the Change the World, Start with ENERGY STAR campaign pages. You'll find a cool map and videos 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 you might want to participate in. It's all there at energystar.gov/changetheworld.

Thanks again for your participation in Team ENERGY STAR.

EPA is celebrating 20 years (and counting) of ENERGY STAR. Over the past 20 years, Americans with help from ENERGY STAR have saved nearly \$230 billion on utility bills and prevented more than 1.7 billion metric tons of greenhouse gas emissions. So join us in celebrating Earth Week and our 20th. Visit energystar.gov/changetheworld today and tell all your friends!

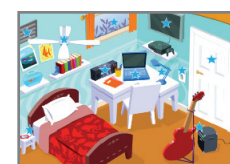
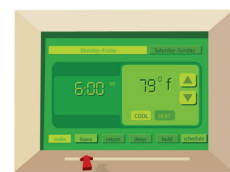




Energy-Saving Tips and Tools

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.
- ★ Visit www.energystar.gov/pts to show your family how to 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.



EPA is celebrating 20 years (and counting) of ENERGY STAR. Over the past 20 years, Americans with help from ENERGY STAR have saved nearly \$230 billion on utility bills and prevented more than 1.7 billion metric tons of greenhouse gas emissions. So join us in celebrating Earth Week and our 20th. Visit energystar.gov/changetheworld today and tell all your friends!





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.

LIGHTING

★ INVESTIGATE:

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

★ EDUCATE:

- Light bulbs with the ENERGY STAR label use about 75 percent less energy than incandescent bulbs and last 10 times longer. You can find Compact Fluorescent Light Bulbs (CFLs) and Light Emitting Diode (LED) bulbs with the ENERGY STAR. 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 or LED bulbs if they have metal fins. Sometimes CFLs have covers over the swirly part, so they can also look like incandescent light bulbs. Just look for the ENERGY STAR.
- Make sure to use the right bulb for each fixture (a "reflector lamp" for lights that are sunk into the ceiling, one that says "dimmable" if it has a dimmer switch).
- Look for LUMENS not Watts, because a 13-watt CFL puts out about the same amount of light (about 800 lumens) as a 60-watt incandescent. Check out the chart pictured below for additional guidance.
- Be sure to turn off the lights when leaving the room.
- 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 www.epa.gov/bulbrecycling or www.earth911.org to identify local recycling options.



13W ENERGY STAR qualified CFL

Brightness	Estimated Energy Cost
800 lumens	\$1.57 Per year



12.5W ENERGY STAR qualified LED bulb

Brightness	Estimated Energy Cost
800 lumens	\$1.50 Per year



43W Incandescent halogen

Brightness	Estimated Energy Cost
800 lumens	\$5.18 Per year



60W Incandescent

Brightness	Estimated Energy Cost
800 lumens	\$7.32 Per year

★ 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 “How to Choose the Right ENERGY STAR Qualified Bulb” sheet 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 lights or the bulbs in them with ENERGY STAR qualified 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.

ELECTRONICS

★ INVESTIGATE:

- Ask the resident if the products listed to the right are ENERGY STAR qualified, 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

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

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 qualified 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 a desktop computer's 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 qualified, 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 about 300,000 cars.
- If every home office product purchased in the U.S. this year was ENERGY STAR qualified, we would save \$117 million in annual energy costs while preventing 1.5 billion pounds of greenhouse gases, equivalent to emissions from 158,000 cars.

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



APPLIANCES

★ INVESTIGATE:

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

- Ask the resident if the products listed above are ENERGY STAR qualified, 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 qualified for the purposes of this exercise.
- Find out if there's an old, pre-1993 refrigerator in the basement or garage.

★ EDUCATE:

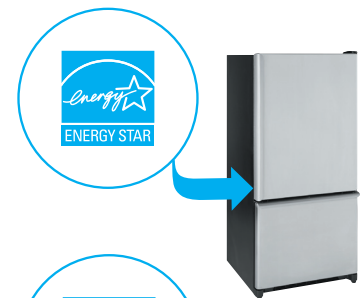
- The ENERGY STAR label on any product means it uses less energy than a standard model, which means lower utility bills and fewer greenhouse gas emissions.
- Next time the resident wants to replace an appliance, recommend looking for the ENERGY STAR.
- Think twice before putting an old refrigerator to 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.

★ 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.

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



- 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 qualified, we would prevent more than 2 billion pounds of greenhouse gas emissions per year and save \$360 million on our annual energy costs.

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:

	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?		

- 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—more than \$900 each year! That's about 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 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.

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.**

AIR LEAKS & INSULATION

★ INVESTIGATE:

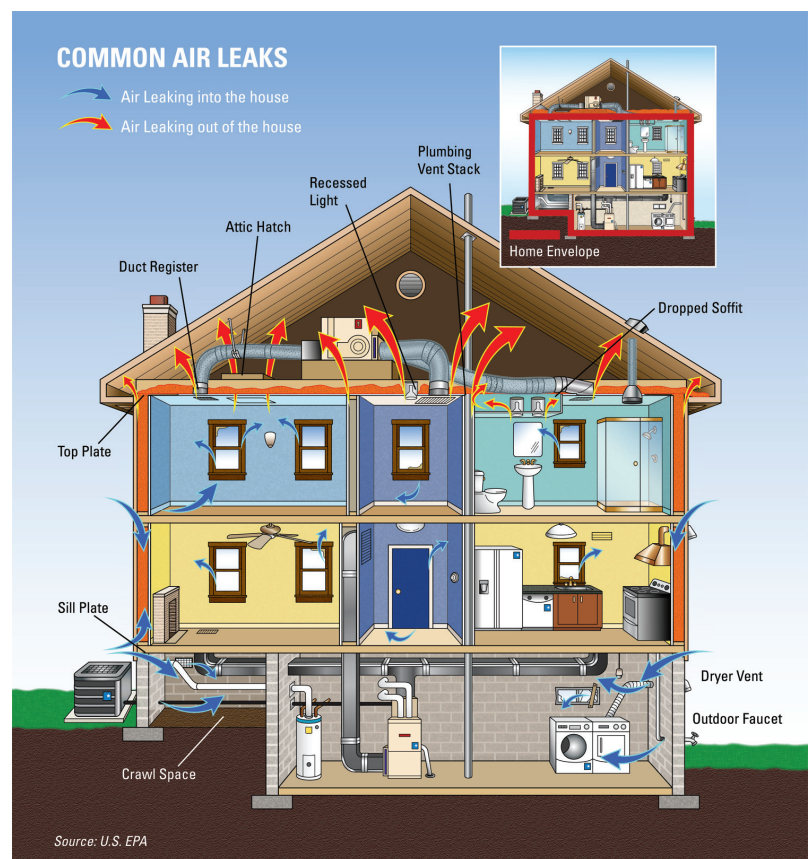
- Ask the resident if he/she often feels drafts or sees gaps in the below areas around the home.
- Then, use a playing card to find doors that could benefit from weather stripping. If you can fit the card between doors and door jambs, weather stripping or a door sweep can be used to help keep out drafts.

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?		

★ 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 qualified 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.

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.



HOW TO CHOOSE

THE RIGHT ENERGY STAR® QUALIFIED LIGHT BULB

		SPIRAL	COVERED A-SHAPE	GLOBE	TUBED	CANDLE	INDOOR REFLECTOR	OUTDOOR REFLECTOR
TABLE/FLOOR LAMPS								
PENDANT FIXTURES								
CEILING FIXTURES								
CEILING FANS								
WALL SCONCES								
RECESSED CANS								
TRACK LIGHTING								
OUTDOOR COVERED								
OUTDOOR FLOOD								

AVOID EARLY BURNOUT:

- Only bulbs marked "dimmable" or "three-way" will work on dimmers or three-way switches.
- Most photocells and timers are not designed to work with CFLs.
- For recessed cans only choose bulbs marked "indoor reflector" or "for indoor use."



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



HOW TO POWER MANAGE YOUR COMPUTER



For a
PC

For a
MAC

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

Enabling “sleep” features can save you as much as \$85 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.

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.

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**.

GO ONLINE:

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



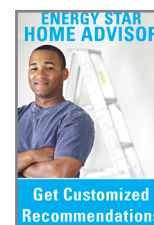
ENERGY STAR ONLINE RESOURCES

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

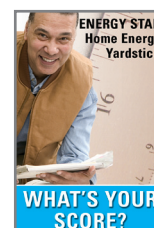
- Get customized recommendations on home improvement projects.
- Make a plan to get started.
- Increase your household's energy efficiency and comfort.



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

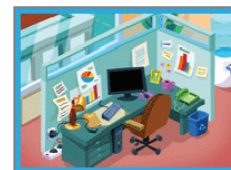
- Take a room-by-room tour.
- Learn what steps you can take to save energy, save money, and help protect our environment.



ENERGY STAR @ WORK

www.energystar.gov/work

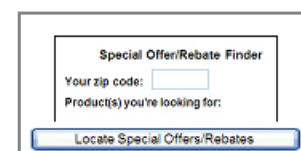
- Take a tour of an office.
- See how you can save energy—and protect the environment—all without leaving your desk



REBATE FINDER

www.energystar.gov/rebatefinder

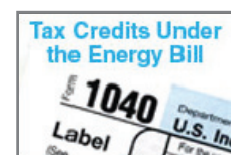
- Find special offers in your city or state sponsored by ENERGY STAR partners, such as:
 - Sales tax exemptions or credits
 - Rebates on qualified products
 - Recycling incentives



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.



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.



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 Lorax in helping your family speak for the trees with ENERGY STAR. Learn about saving energy, money, and helping protect the planet all while earning cool rewards.



EPA is celebrating 20 years (and counting) of ENERGY STAR. Over the past 20 years, Americans with help from ENERGY STAR have saved nearly \$230 billion on utility bills and prevented more than 1.7 billion metric tons of greenhouse gas emissions. So join us in celebrating Earth Week and our 20th. Visit energystar.gov/changetheworld today and tell all your friends!





Turn Off the Lights!

Remembering to turn off unused lights (and appliances!) when you leave a room saves on electricity consumption.

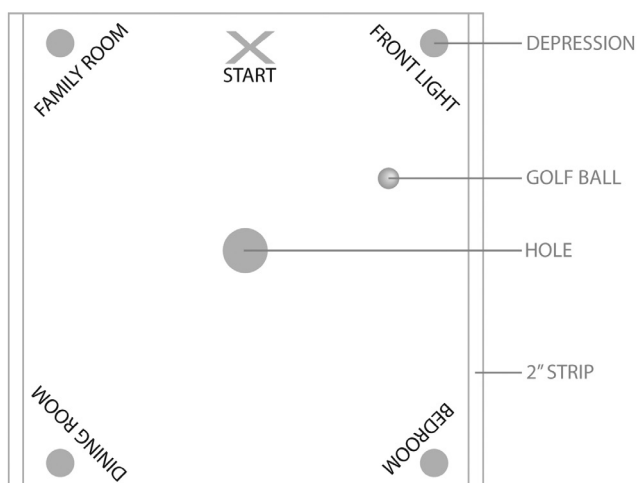
Object of the game: Roll the golf ball from “room” to “room” and then through the center of the game board to successfully turn off all the lights.

Materials:

- One 4-foot-by-4-foot piece of half-inch-thick rigid foam insulation panel (half sheet, about \$6)
- Golf ball

Setup: Cut a strip 2 inches wide from opposite sides of the board. Glue these strips to the edges of the board to keep the golf ball from rolling off the sides. Create four depressions in the foam, one at each corner, large enough to hold the golf ball but shallow enough so the ball can roll out. (A grapefruit spoon works well for this task.) Cut a complete hole in the center of the foam sheet. Decorate the foam board as shown. Don’t forget to mark “start” toward the middle point of one of the open sides.

How to play: Players each hold one end of the game board. The golf ball starts on the marked spot. Players work together to tilt the board so the golf ball moves from “room” to “room.” When the golf ball has visited every room, players work to roll it through the opening in the center of the board. Players score 1 point for each room visited and a bonus of 10 points if they complete the game within 60 seconds.



EPA is celebrating 20 years (and counting) of ENERGY STAR. Over the past 20 years, Americans with help from ENERGY STAR have saved nearly \$230 billion on utility bills and prevented more than 1.7 billion metric tons of greenhouse gas emissions. So join us in celebrating Earth Week and our 20th. Visit energystar.gov/changetheworld today and tell all your friends!





Warm Up/Cool Down Automatically

Programming a thermostat correctly can save about \$180 a year in energy costs.

Object of the game: Successfully sort colored cups according to the time of day to demonstrate how a programmable thermostat automatically controls the temperature of your home.

Materials:

- 8 red plastic cups
- 16 blue plastic cups
- Black permanent marker

Preparation: Turn the cups upside-down and label them as shown in the chart, using the black marker. The number inside the cup is the answer key. The label on the outside of the cup represents the time of day and the temperature settings for the house in wintertime.

CUP COLOR	INSIDE #	OUTSIDE LABEL	CUP COLOR	INSIDE #	OUTSIDE LABEL
Red	1	6 a.m., 70 degrees	Red	13	6 p.m., 70 degrees
Red	2	7 a.m., 70 degrees	Red	14	7 p.m., 70 degrees
Red	3	8 a.m., 70 degrees	Red	15	8 p.m., 70 degrees
Blue	4	9 a.m., 62 degrees	Red	16	9 p.m., 70 degrees
Blue	5	10 a.m., 62 degrees	Blue	17	10 p.m., 62 degrees
Blue	6	11 a.m., 62 degrees	Blue	18	11 p.m., 62 degrees
Blue	7	12 noon, 62 degrees	Blue	19	12 midnight, 62 degrees
Blue	8	1 p.m., 62 degrees	Blue	20	1 a.m., 62 degrees
Blue	9	2 p.m., 62 degrees	Blue	21	2 a.m., 62 degrees
Blue	10	3 p.m., 62 degrees	Blue	22	3 a.m., 62 degrees
Blue	11	4 p.m., 62 degrees	Blue	23	4 a.m., 62 degrees
Red	12	5 p.m., 70 degrees	Blue	24	5 a.m., 62 degrees

How to play: Start with the cups randomly arranged on the table, upside-down. Players have one minute to successfully sort the 24 cups into a line, according to time of day, starting with 6 a.m. No peeking inside the cup for the answer key! The EPA estimates that if you set your thermostat for energy savings, you could save about \$180 per year (average US figures). Wow!

EPA is celebrating 20 years (and counting) of ENERGY STAR. Over the past 20 years, Americans with help from ENERGY STAR have saved nearly \$230 billion on utility bills and prevented more than 1.7 billion metric tons of greenhouse gas emissions. So join us in celebrating Earth Week and our 20th. Visit energystar.gov/changetheworld today and tell all your friends!





Short Showers Save Gallons

A 10-minute shower uses 25 to 50 gallons of water. A typical bathtub, fully filled, holds 40 to 65 gallons of water. A short shower or shallow bath can save many gallons of water and reduce the amount of energy needed to heat the water. This activity builds awareness of how much water is used for a typical shower.

Object of the game: Cover the adult in as many gallons of “water” as possible.

Materials:

- 25 to 50 empty and clean gallon containers (milk or water jugs), caps taped on securely
- Yoga mat or similar

Setup: Lay the yoga mat on the floor. Collect the milk jugs in large bags or boxes nearby.

How to play: The adult lies flat on the ground on the yoga mat. The child stacks as many water jugs on the adult as possible in 60 seconds. No part of any jug may touch the mat. The adult may assist the child in any way, including raising arms/legs, holding on to the jugs, looping fingers through jug handles, etc. At the end of 60 seconds, the adult must hold position with all jugs off the ground for three seconds. The player receives one point for every jug held off the ground. A bonus of 10 points is added if the player successfully uses all the jugs provided.

EPA is celebrating 20 years (and counting) of ENERGY STAR. Over the past 20 years, Americans with help from ENERGY STAR have saved nearly \$230 billion on utility bills and prevented more than 1.7 billion metric tons of greenhouse gas emissions. So join us in celebrating Earth Week and our 20th. Visit energystar.gov/changetheworld today and tell all your friends!





Memory Master Matching Game

Play this fun card-matching game to learn about ways to save energy and help the planet.

Object of the game: Try to find each pair of matching energy-saving tips from among the cards hidden on the table.

Materials:

- Set of Team ENERGY STAR Memory Master cards
- Table

Setup: Before the event, photocopy the Team ENERGY STAR Memory Master cards onto card stock, double-sided. Laminate them if possible. Cut the cards apart. Mix up the cards and lay them all facedown on the table.

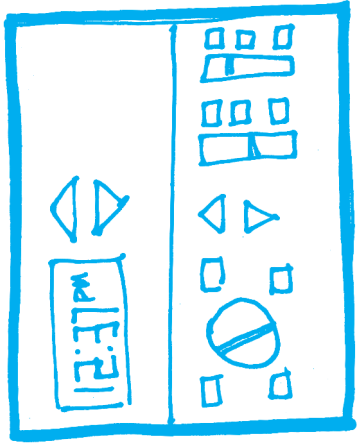
How to play: A player selects two cards from the game board and turns them over. If there is a match, the player removes the pair from the table and continues to seek a new pair. If there is no match, the cards are turned back over in the same spot. The player continues to seek pairs of matching cards for 60 seconds, earning one point per pair and 10 bonus points if all the pairs are found in the time allotted.

Lessons on the cards include:

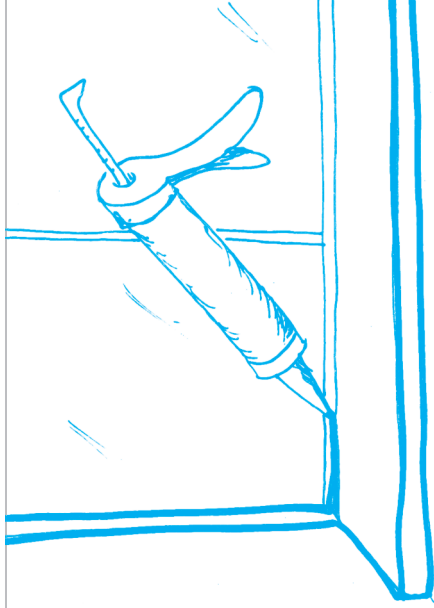
- Set a programmable thermostat
- Caulk gaps around windows
- Seal gaps in ductwork with duct mastic
- Insulate attic crawl spaces
- Seal around openings to the outdoors or attic
- Properly ventilate your attic
- Install storm windows in winter
- Run ceiling fans clockwise in winter, counterclockwise in summer
- Walk, ride a bike, or skateboard instead of using a car
- Reduce, Reuse, Recycle (3 R's)
- Keep doors and windows closed when the heat or air conditioning is on
- Plant trees to shade your house from the sun
- Turn off lights when you leave the room
- Replace incandescent lightbulbs with ENERGY STAR qualified CFL bulbs
- Unplug power chargers and adapters when not in use
- Plant a vegetable garden
- Use a power strip as a central turn-off point for equipment
- Fix leaky faucets and running toilets
- Use both sides of a piece of paper
- Read email messages on the screen, don't print them
- Look for the ENERGY STAR when purchasing products

EPA is celebrating 20 years (and counting) of ENERGY STAR. Over the past 20 years, Americans with help from ENERGY STAR have saved nearly \$230 billion on utility bills and prevented more than 1.7 billion metric tons of greenhouse gas emissions. So join us in celebrating Earth Week and our 20th. Visit energystar.gov/changetheworld today and tell all your friends!

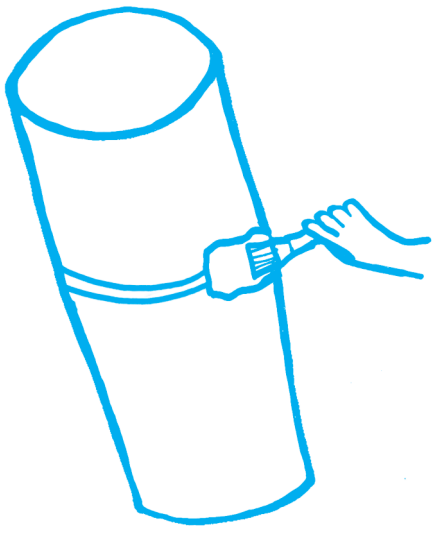




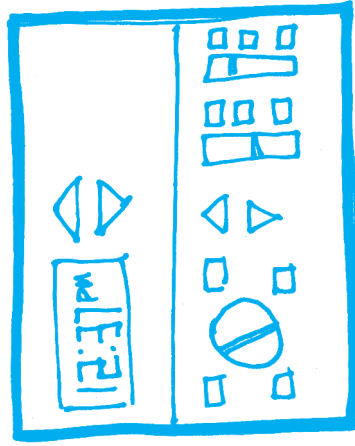
Set a programmable
thermostat



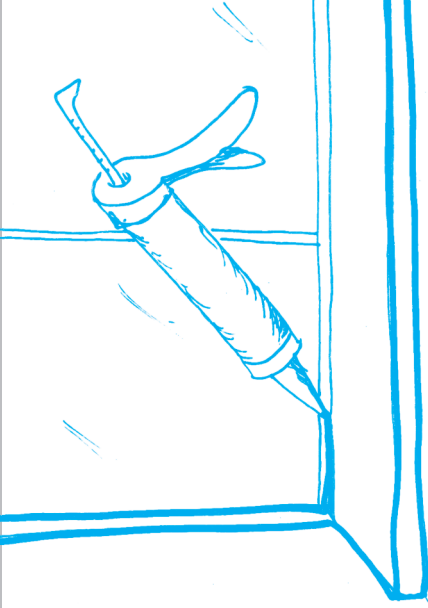
Caulk gaps around
windows



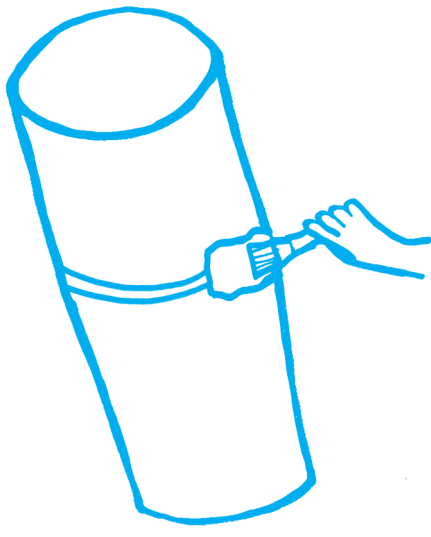
Seal gaps in ductwork
with duct mastic



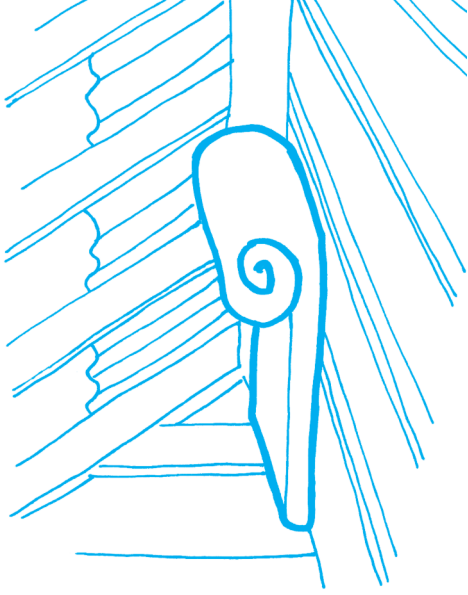
Set a programmable
thermostat



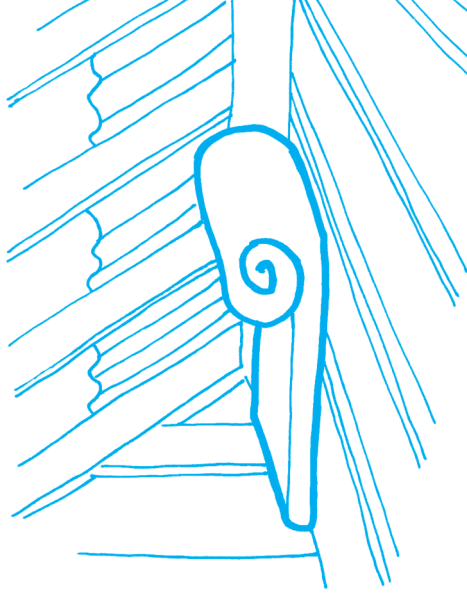
Caulk gaps around
windows



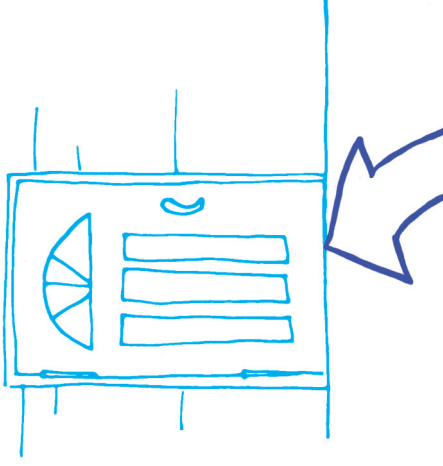
Seal gaps in ductwork
with duct mastic



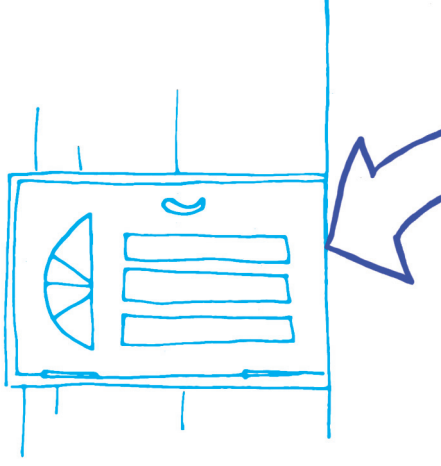
Insulate attic
crawl spaces



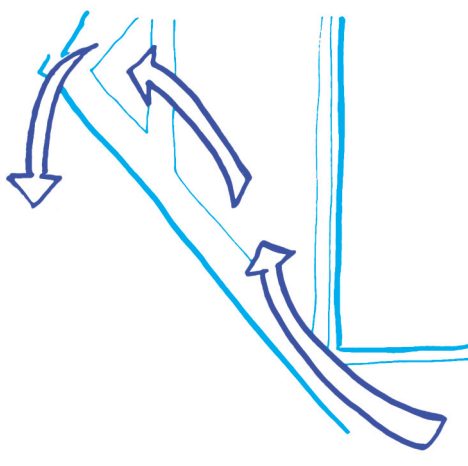
Insulate attic
crawl spaces



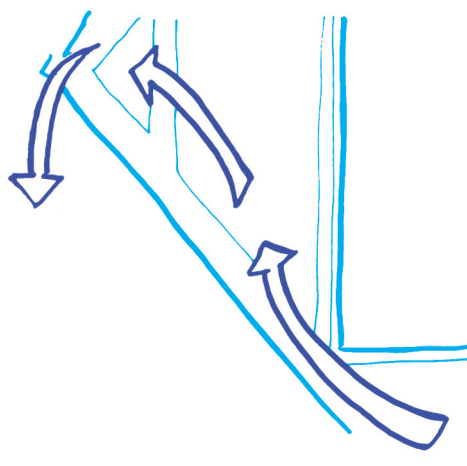
Seal around openings
to the outdoors or attic



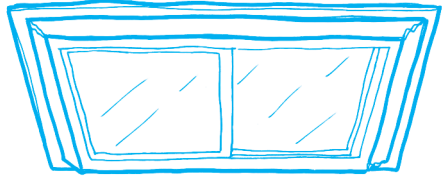
Seal around openings
to the outdoors or attic



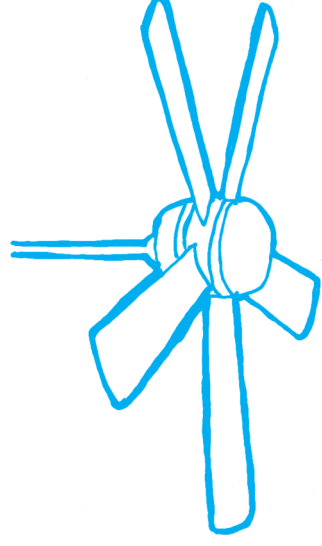
Properly ventilate
your attic



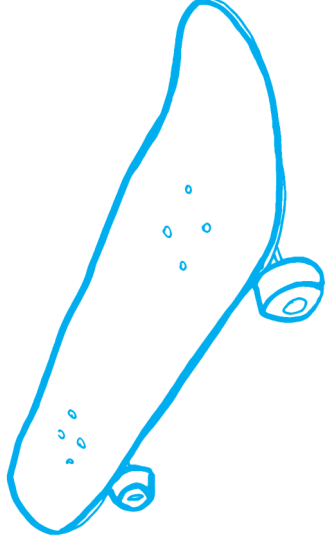
Properly ventilate
your attic



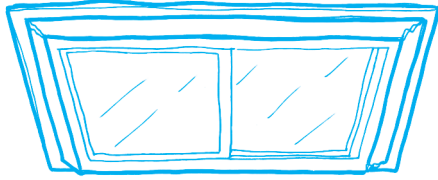
Install storm windows
in winter



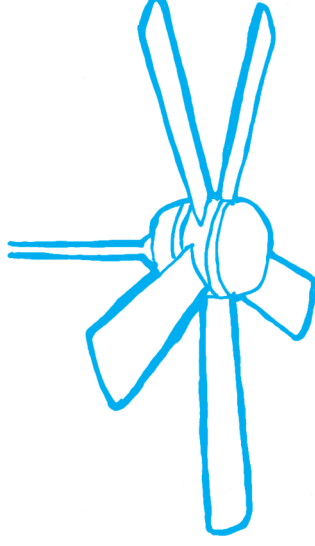
Run ceiling fans clockwise in
the winter, counterclockwise
in the summer



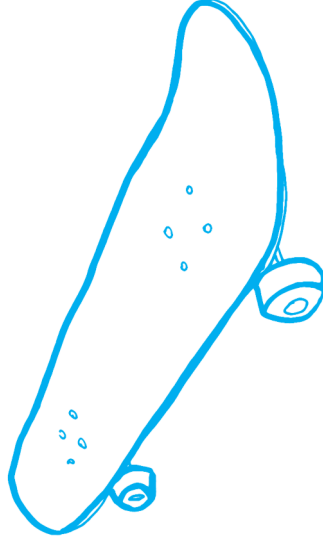
Walk, ride a bike, or
skateboard instead of
using a car



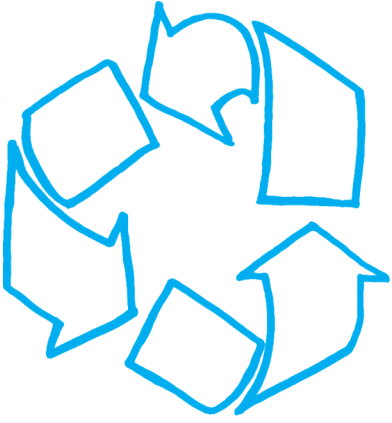
Install storm windows
in winter



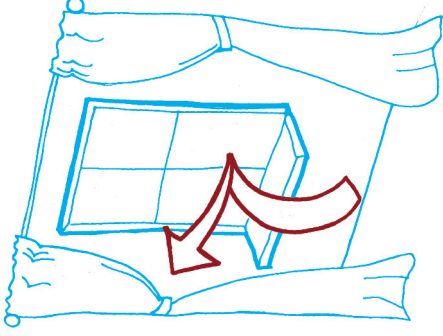
Run ceiling fans clockwise in
the winter, counterclockwise
in the summer



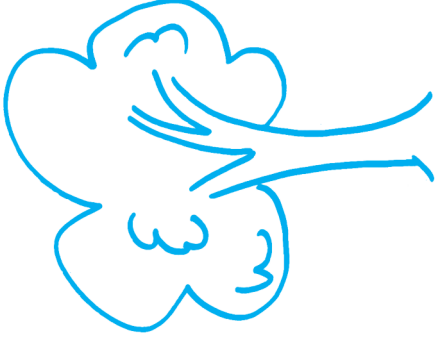
Walk, ride a bike, or
skateboard instead of
using a car



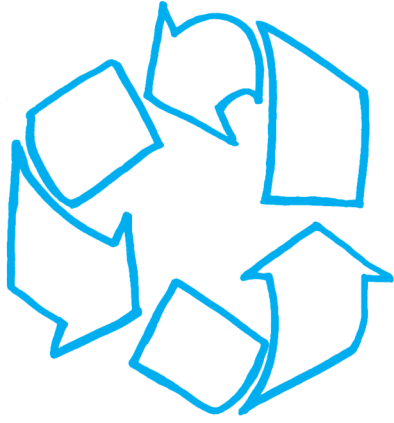
Reduce, Reuse,
Recycle (3 Rs)



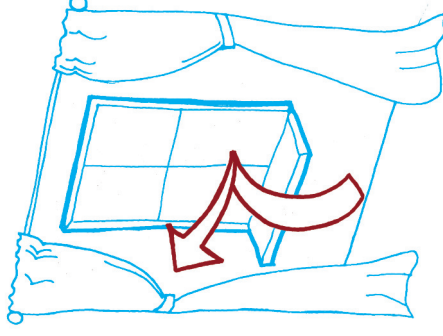
Keep doors and windows
closed when the heat or air
conditioning is on



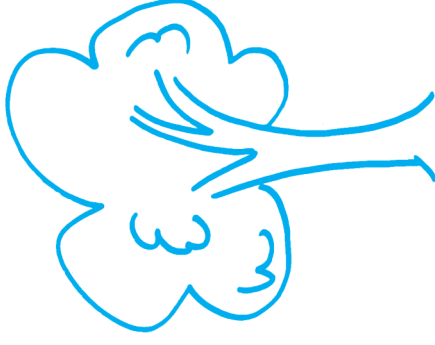
Plant trees to shade
your house from the sun



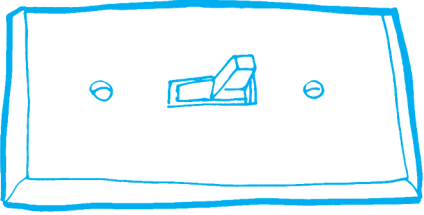
Reduce, Reuse,
Recycle (3 Rs)



Keep doors and windows
closed when the heat or air
conditioning is on



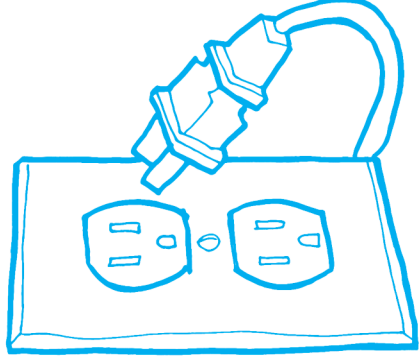
Plant trees to shade
your house from the sun



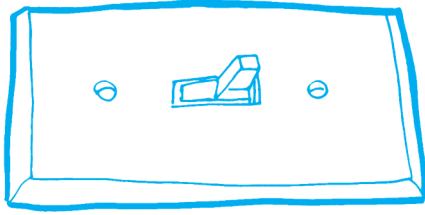
Turn off lights when
you leave the room



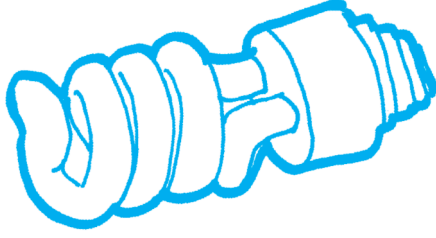
Replace incandescent
light bulbs with ENERGY
STAR qualified CFL bulbs



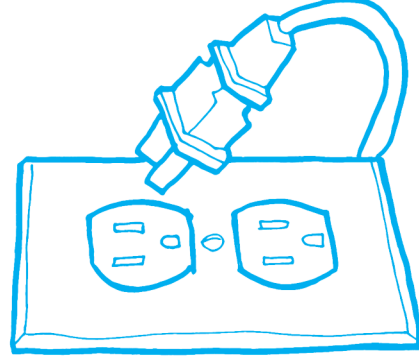
Unplug power chargers
and adapters when not
in use



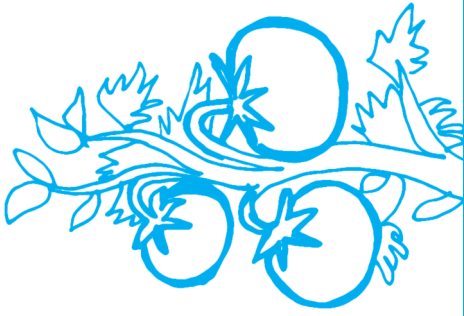
Turn off lights when
you leave the room



Replace incandescent
light bulbs with ENERGY
STAR qualified CFL bulbs



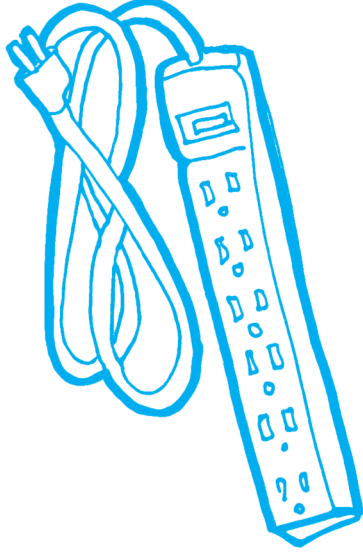
Unplug power chargers
and adapters when not
in use



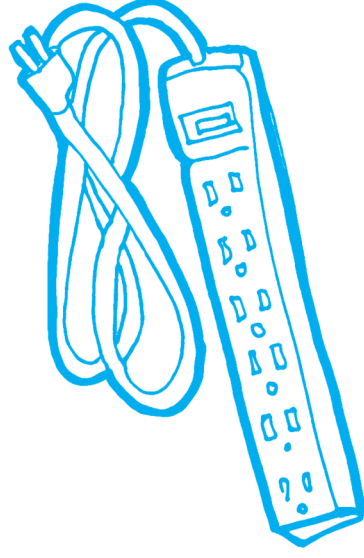
Plant a vegetable garden



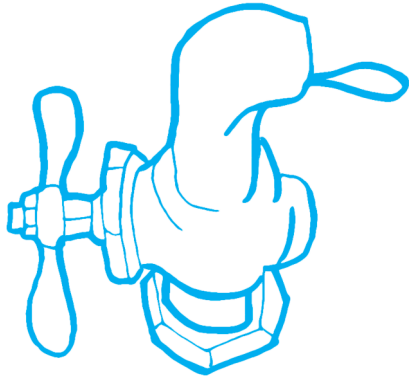
Plant a vegetable garden



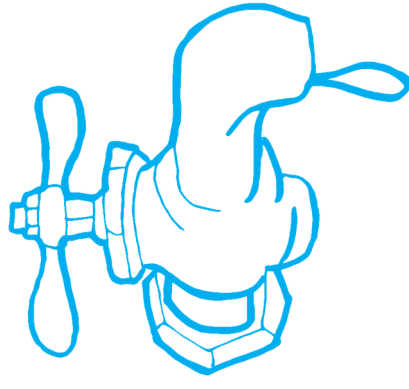
Use a power strip as
central turn-off point
for equipment



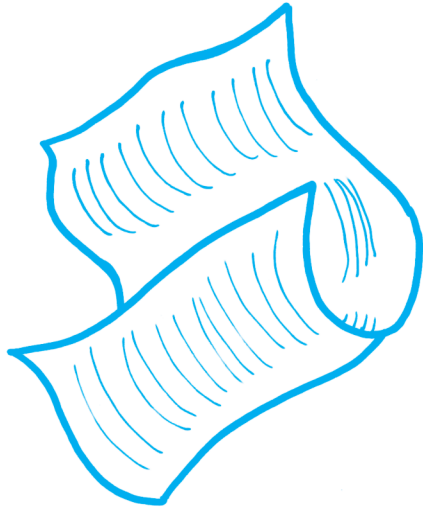
Use a power strip as
central turn-off point
for equipment



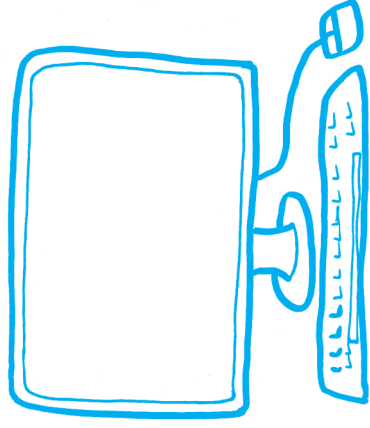
Fix leaky faucets and
running toilets



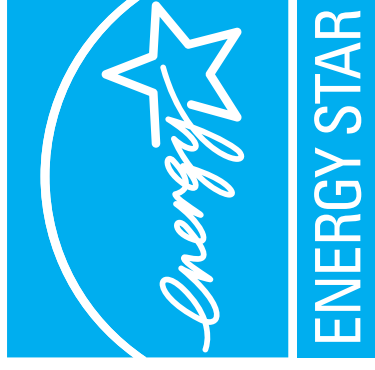
Fix leaky faucets and
running toilets



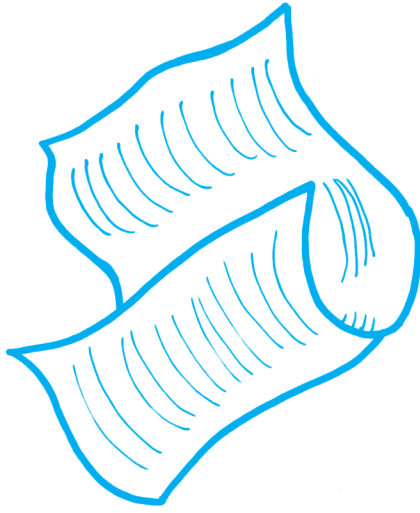
Use both sides of a
piece of paper



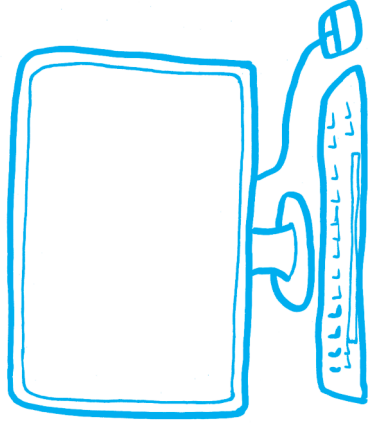
Read email messages
on the screen, don't
print them



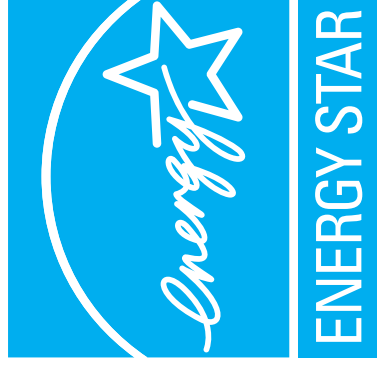
Look for the ENERGY STAR®
when purchasing products



Use both sides of a
piece of paper



Read email messages
on the screen, don't
print them



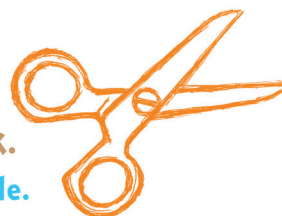
Look for the ENERGY STAR®
when purchasing products



Let's make you a **LORAX!**



These steps are so quick.
Go grab **scissors** and **glue** and one **popsicle stick**.
Then it's time to start printing so **download** the file.



Thicker paper is better to add to your style.

With the paper in hand and scissors so fine,
Carefully cut, snip, cut right **inside** of the line.



On **back** find a spot. To the **left** is best.
And with glue, dab a **dot**. Just a drop, save the rest.
Press the **stick** to stay stuck. It's your **handle**, you know.
Then wait, wait, and **wait!** It's soon time for the show!
Now **raise** your surprise to your **nose**, if you please.
A real **Lorax** disguise. Now go speak for the **trees!**



If you **like** the new look, why not **share** your delight?

Take a **photo**, full-color and post to our site.



Go to **energystar.gov/team**. Click on "Share Your Story."
Upload your shot and now bask in the **glory**.

