



# TIPS 'N TRICKS

Feb 28 - April 1

## ABOUT 7-8A'S ENERGY SAVING TIPS AND TRICKS

These daily tips are to teach you simple, quick, and easy ways to conserve energy and help the planet.



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# TURN OFF LIGHTS

When you leave a room, turn off the lights  
to save electricity



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## WATER SMART

Use cold water instead of hot water when  
you can



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# UNPLUG

When you're not using electronics or other things that are plugged in, unplug them

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## OVERNIGHT CHARGING

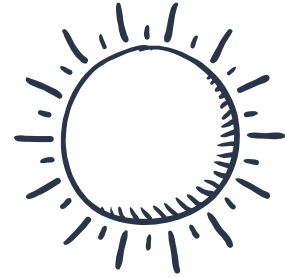
Don't leave your phone charging overnight



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# NATURAL LIGHTING

Use natural lighting over artificial lights  
when you can



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# SHOWERING

Take shorter showers of 4 minutes or less to  
save water



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## HEATING FOOD

Turning off the oven a few minutes early still allows the food to cook



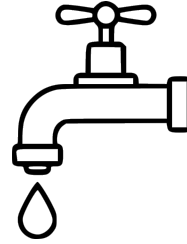
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## DRESS SMARTLY

When you're at home, dress accordingly to the weather to reduce AC and heater usage

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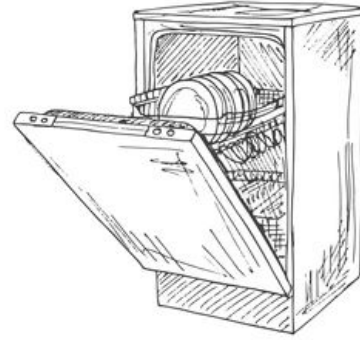
## TURN OFF FAUCET

Turn off the faucet when brushing teeth so there isn't water running and being wasted

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## FULL LOADS

Do full loads of laundry and dishes, instead of small unfull loads, that way you can save water instead



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## LED LIGHTS



Switch your light bulbs from incandescent to  
LED because they help save energy

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## USE A DISHWASHER

Wash dishes with the dishwasher instead of  
by hand to save water



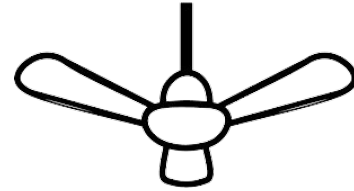
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## DON'T OPEN THE OVEN

Don't open the oven while cooking in it because it can reduce the heat by 25°F.



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## CEILING FAN

Use ceiling fans instead of the AC if you only  
need to cool down one room



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## COLD WATER FOR CLOTHES

Use cold water when washing your clothes  
that way you can save money and warm  
water

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## SEAL YOUR WINDOWS AND DOORS

Make sure your windows and doors are properly sealed to avoid losing cold or hot air

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## CARPOOLING

Carpool with other people on your way to school,  
work or anywhere else to save fuel and to burn  
less gas

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## COOK OUTDOORS

Cook outdoors when it's hot to avoid  
straining your AC

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## KEEP APPLIANCES CLEAN

Appliances run more efficiently when filters are clear of dust and door seals are free of gunk

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## HOT FOOD COOLING DOWN

Let hot foods cool down before putting them in the fridge, that way it takes less energy to get them cool.



# THANKS!

Any questions?

