



Saving Energy - conservation, efficiency, and recycling

[What can I do to save energy?](#)

[How can recycling save energy?](#)

What Can I Do to Save Energy?

All of us use energy every day—for transportation, cooking, heating and cooling rooms, manufacturing, lighting, and entertainment. The choices we make about how we use energy—turning machines off when we're not using them or choosing to buy energy efficient appliances—impact our environment and our lives.

There are many things we can do to use less energy and use it more wisely. Two main ways to save energy are **energy conservation** and **energy efficiency**. Many people think these terms mean the same thing, but they are different.

Energy **conservation** is any behavior that results in the use of less energy. Turning the lights off when you leave the room and recycling aluminum cans are both ways of conserving energy.

Energy **efficiency** is the use of technology that requires less energy to perform the same function. A compact fluorescent light bulb that uses less energy than an incandescent bulb to produce the same amount of light is an example of energy efficiency. The decision to replace an incandescent light bulb with a compact fluorescent is an example of energy conservation.

Learn More at these Links:

[Energy Efficiency and Conservation - Intermediate](#)

(pdf) - from the National Energy Education Development(NEED) Project

[Energy Efficiency and Conservation - Secondary](#)

[Infobook](#) *(pdf)* - from the National Energy Education Development(NEED) Project

[Energy Star Kids](#) - site of the U.S. Environmental Protection Agency and Department of Energy

[Energy Efficiency and Conservation Lesson Plans](#)

[K-12](#) - from the U.S. Department of Energy's Office of Energy Efficiency and Renewable Energy

[more links about saving energy...](#)

How Can Recycling Save Energy?



Recycling means to use something again. Newspapers can be used to make new newspapers. Aluminum cans can be used to make new aluminum cans. Glass jars can be used to make new glass jars.

Learn More at these Links:

[Municipal Solid Waste and Recycling - Facts and Figures](#)

Recycling often saves energy and natural resources through conservation.

It almost always takes less energy to make a product from recycled materials than it does to make it from new materials. Using recycled aluminum scrap to make new aluminum cans, for example, uses 95 percent less energy than making aluminum cans from bauxite ore, the raw material used to make aluminum.



Natural resources are riches provided courtesy of Mother Nature. Natural resources include land, plants, minerals, and water. By using materials more than once, we conserve natural resources. In the case of paper, recycling saves trees and water. Making a ton of paper from recycled stock saves up to 17 trees and uses 50 percent less water.

Last reviewed: November 2008

Sources: The National Energy Education Development Project, *Intermediate Energy Infobook*, 2008.

The National Energy Education Development Project, *Museum of Solid Waste and Energy*, 2008.

(pdf) - from the U.S. Environmental Protection Agency

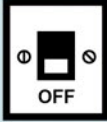





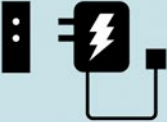

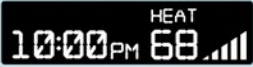

[All About Recycling \(Museum of Solid Waste\)](#) *(pdf)* - from the

National Energy Education Development (NEED) Project

[more links about recycling...](#)

THE EASY ENERGY ACTION PLAN

10 SIMPLE WAYS TO USE ENERGY WISELY

<p>1</p>	 <p>Turn off lights.</p>	<input type="checkbox"/> <small>CHECK THE BOX</small>
<p>2</p>	 <p>Use energy-saving light bulbs.</p>	<input type="checkbox"/>
<p>3</p>	<p>Shut off computers.</p> 	<input type="checkbox"/>
<p>4</p>	 <p>Use “smart” power strips.</p>	<input type="checkbox"/>
<p>5</p>	<p>Turn off entertainment devices when not in use (TV, game systems, etc.)</p> 	<input type="checkbox"/>
<p>6</p>	 <p>Use natural light, heat and cooling.</p>	<input type="checkbox"/>
<p>7</p>	<p>Unplug your phone charger when not in use.</p> 	<input type="checkbox"/>
<p>8</p>	 <p>Talk to your parents about ENERGY STAR® appliances.</p>	<input type="checkbox"/>
<p>9</p>	<p>Talk to your parents about programmable digital thermostats.</p> 	<input type="checkbox"/>
<p>10</p>	 <p>Talk to your parents about Home improvements (windows, doors, roofs, etc.)</p>	<input type="checkbox"/>



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