

Saving energy begins where you live. You and your family can make a difference by becoming more energy efficient in your home.

Get started on becoming a member of the PTA Family Green Team by completing this checklist today!

Just follow these quick and easy steps that can help reduce your family's energy use, save money and ease your impact on the environment.

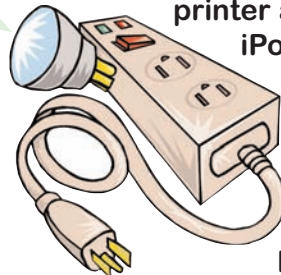
- ❑ Change the light bulbs in your house, both inside and outside, from standard incandescent bulbs to Compact Florescent Lamps (CFL's). CFL's use up to 75% less energy and last up to 10 times longer than regular light bulbs.



- ❑ Keep light fixtures and bulbs clean and free from dust.
- ❑ Open drapes, blinds and shades and let the natural light in.
- ❑ When leaving any room, make sure you turn off all lights.

- ❑ When doing laundry, make sure you wash a full load of clothes, and try using cold water instead of hot.
- ❑ When using a dishwasher, make sure it is full. Try to wash dishes in cold water on a short cycle.

- ❑ Turn off your computer, monitor, printer and un-plug your iPod, DVD player, stereo, video games, etc. when not in use. 75% of the electricity used to power home electronics and office equipment is used while these are turned off! Use a power strip as a "central" turn off point when you're done.



- ❑ Turn the TV off when no one is watching it. Make sure you switch off everything including the cable and satellite box.
- ❑ In winter, reverse the ceiling fan motor. The fan will drive warm air back down around the edges of the room, which will increase the heat. Do the opposite when it starts to warm up. Check to make sure the fan motor is rotating the correct way.



- ❑ In winter, set your heating in the daytime to no higher than 68 degrees Fahrenheit and lower it to 55 degrees at night.
- ❑ Consider installing a programmable thermostat, if your home is not already equipped with one.
- ❑ Open window coverings on sunny days to help warm up rooms. Close drapes, blinds and shades at night to retain heat.
- ❑ In summer, close window coverings to help keep rooms cool during the day.
- ❑ Keep all doors and windows that lead to the outside closed when using your heating/air conditioning system.

- ❑ Create shade for your house by planting trees and shrubs.



- ❑ Check your windows and doors for "leaking air." Hold a ribbon up to the edges of your home's windows and doors. If air is leaking into or out of the house, the ribbon will move. If you find a leak, have it fixed.

- Turn the water off while brushing your teeth and washing your face. Turn it back on to rinse.



- Fix any dripping water faucets.

- Don't leave the refrigerator door open when deciding what to eat.



- Recycle batteries, paper, plastic and aluminum cans to save energy and natural resources.

- Carpool with friends to school, and to after-school activities.



- Ride a bike or walk to school or work.

Once you have completed this full checklist, be sure to log on to the "Family Green Team" at www.capta.org to print your certificate. You can also share additional tips online to help others save energy and protect the environment.

To learn more about energy efficiency, please visit www.pge.com/myhome.

Mission Statement of the California State PTA

The mission of the California State PTA is to positively impact the lives of all children and families by representing our members and empowering and supporting them with skills in advocacy, leadership and communications.

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California State **PTA**[®]

everychild.one voice.



Be a part of **PTA's Family
Green Team**



**Pacific Gas and
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