

GET MOVING!

Sample Energy Pledges

I will save energy by:

Not turning on lights. Use a hand-cranked flashlight or lantern (or a battery-powered one, if you must) to navigate. It's good practice for when you go camping!

Not turning on the TV or playing video games or using the computer except for schoolwork. And by unplugging electrical appliances when they're not in use. (Plugged-in electronics use energy even when not turned on.)

Hanging up unsoiled clothes so they don't get wrinkled and need to be washed or ironed after one wear. And I'll use cold water to wash my clothes. About 90 percent of the energy used to wash clothes just heats the water.

Playing board games or reading by lantern light or making my own music. How many songs do you know the words to by heart? Practice card tricks. Look at the night sky and make a wish on a "falling star."

Talking with family and friends face-to-face, free of distractions (especially from gadgets).

Traveling on my own energy as much as I can. That means walking and bicycling when you can. Get your family to help with carpools, too!

Eating less meat. Livestock farming produces 18 percent of the planet's greenhouse gas emissions—that's more than cars emit. Eating more locally grown fruits and vegetables might help.

Carrying my own reusable fork, knife, and spoon, and cloth napkin when I go out to eat. Disposable utensils add up! China uses about 45 billion pairs of wooden chopsticks per year—that's an annual loss of about 25 million trees.