



21st Century ENERGY SUPERHERO Checklist

Explore Outdoors! Take a walk in nature, go for a bike ride, collect leaves... the options are endless.



Unplug anything you aren't using. Even when things aren't "on" they still use energy if they stay plugged in (ex: toaster, blender, cell phone or other chargers).

When you cook, match the size of your pot to the size of your burner to save fuel.



Layer UP! Instead of turning up the heat, put on a sweater or other layer.



Use both sides of your paper before you recycle, you'll save water, trees, and energy.



Dry your laundry on a clothes line or dryer rack instead of using the dryer, you'll save money and energy.

When your bulbs burn out, replace them with LEDs instead. They cost a little more, but last MUCH longer, and save you money in the long run.



Take a No Trash Lunch—bring reusable containers (Tupperware, old yogurt cups etc) instead of disposable items like plastic bags. Then take them home, wash and use again!



get outdoors!

