

## Kids Quiz

# ecofamily

*Take a minute to check your score, and see where you can help save money and the planet...*

**ANSWER KEY** Never = 0 Points  
Most of the time = 7 Points

Sometimes = 5 Points  
Always = 10 Points

Points

#1: Tuning off the TV, stereo, and lights when you leave the room

#2: Turning off the faucet while you are brushing your teeth

#3: Putting the trash that can be recycled in the right recycling compartment

#4: Using a thermos and re-usable containers instead of juice boxes and plastic bags for school lunches. Get your Parents on board too for their lunch!

#5: Helping to water house plants and helping out when parents or brothers and sisters are planting, gardening, or leaf raking in the yard or community

#6: Picking up litter when you see it, when a trash can is nearby and the litter is not too...yucky.

#7: Riding your bike, skateboard, or scooter to a friend's house if it is nearby, safe to travel, and nice weather... instead of asking your Parents for a car ride

#8: Saving energy by quickly closing the refrigerator and/or freezer door after taking out food

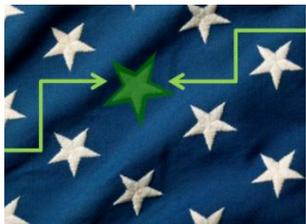
#9: Reminding Parents to bring a RE-Usable bag to the grocery store or other 'errand' shopping trips

#10: RE-Charging Batteries for your toys. Just let your Parents know that the cost of a charger will pay for itself quickly!

**TOTAL SCORE:** Add up your Points

The top score is 100, but for Kids ages 4 to 7 a score of 70 or higher is a great start!

*In America, we use over 25% of the world's energy with only 5% of the population, so let's start to make a difference today!*



## ecofamily

It's a team sport  
to save our Planet,  
Health, and Money...

*Take a look at the impact our consumption has on the environment.*



### Water

**Problem:** The U.S consumes water at twice the rate of other industrialized nations.

**Solution:** The latest technology for Low Flow shower heads and toilets delivers high pressure and only uses about two thirds of the water.

You can reduce your hot water heating bill by about \$60 per year just by installing a smart shower head, because you reduce the cost of heating the water, which typically cost between \$300 and \$500 per year! Take a shower that is just 1 minute shorter and save 2.5 gallons each day for each household member. This 1 minute reduction could save America over half a billion gallons of water a day!



### Plastic

**Problem:** 80% of water bottles sold in the U.S. end up in landfills.

**Solution:** Recycling is a great start but, water filters for home, office and school reduce the waste before it starts.

Go for the 'Pitcher and Canister' Strategy + Concentrated non-toxic cleaners that make a healthier home and reduce the cost and the CO<sup>2</sup> emissions used in trucking the cleaners from manufacturing to retail. If every household replaced just one 48 oz box of petroleum based laundry detergent with vegetable based products, we could save almost 100,000 gallons of oil. The savings is enough to heat over 5,000 U.S. homes for a full year.



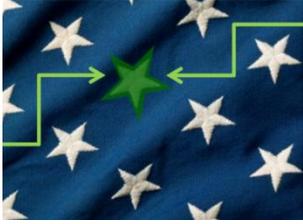
### Energy

**Problem:** Traditional lights waste 80% of their energy in heat...not light.

**Solution:** Compact Fluorescent Bulbs (CFLs) use 66% less energy than traditional bulbs, and CFLs save home owners almost \$40 each over the life of the bulb.

CFLs will also last about 10 times longer than traditional bulbs, but LEDs will last 100 times longer than traditional bulbs. LEDs have the added advantage of 'dimability' to save even more money. Overall, replace old bulbs as they burn out with CFLs or LEDs, especially the ones that in areas of your home that are left on for long periods of time.

# Eco Home Report - The Savings



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to save our Planet,  
Health, and Money...

*Check out the financial and environmental savings your family can make.*

Four Cornerstones of Home SAVINGS...	Added Cost	Annual Savings	Pounds of CO <sup>2</sup> Savings
<p><b>Reduce Plastic Waste:</b> Recycle even half of your household waste, and use a filtered pitcher and reusable canister instead of plastic bottles.</p> <p>Also, use concentrated eco-cleaners that can be mixed for different cleaning purposes.</p>	\$40 \$12	\$60 \$120	<b>1,000 lbs</b>
<p><b>Reduce Paper Waste:</b> Even just once a year, replace one pack of paper towels, napkins, toilet paper and facial tissue with ones made recycled paper.</p>	\$6	\$0	<b>.34 lbs</b>
<p><b>Reduce Water Waste:</b> Install a water efficient low flow 'amplifying' shower head with 1.6 gallons per minute.</p> <p>Also, install a faucet aerator with 1.6 gallons per minute.</p>	\$30 \$2	\$60 \$10	<b>560 lbs</b>
<p><b>Reduce Energy Waste:</b> Replace just 10% of your traditional incandescent light bulbs with CFL bulbs.</p> <p>Also, Set the Programmable Thermostat. (Over 70% of Americans have not set their programmable units.)</p>	\$7.50 \$35	\$10 \$180	<b>1,520 lbs</b>
<b>Totals</b>	<b>\$132.50</b>	<b>\$440</b>	<b>3,080 lbs</b>

**For about \$10 a month...you can SAVE over \$400 a year and SAVE well over a ton of CO<sup>2</sup>!**

Impact across the US Students	Annual Savings	Pounds of CO <sup>2</sup> Savings
<b>Nursery School and Kindergarten Students:</b> (9 million in the United States and their families)	<b>\$4 billion</b>	<b>27 Billion lbs</b>
<b>Elementary School Students:</b> (33 million in the United States and their families)	<b>\$14.4 billion</b>	<b>100 billion lbs</b>

If every family that has nursery school through elementary school students makes the few changes outlined above, the impact would be massive. The average U.S. household spends over \$1,900 a year on energy and emits 27.3 tons of CO<sub>2</sub>. We've got a lot of opportunity and ...

**A little bit goes a long way!**