

## Worksheet Instructions and Prep Guide

Dear Student,

Thank you for joining in on the energy savings campaign called ***Energize New Haven!*** In association with [www.elmenergyproject.org](http://www.elmenergyproject.org)

This guide is designed to help you fill in the worksheet that your teacher has given you.

To complete the worksheet you can take roughly 15 minutes to walk around your house and see what changes you could make to save energy and money in your home. If you'd like, you can ask one or both of your parents to help you.

**In order to fill out the worksheet there are a few things you need to determine:**

**1. LED Light Bulbs** - How many light bulbs do you have installed in your house and are these light bulbs LED? In order to tell if they are LED, make sure the light is off for at least one minute before touching it as it could be very hot. Then, you can unscrew the bulb and see if the bottom half has fins on it or if there is any writing on the bulb that says "LED". If not it is not an LED bulb and can be replaced. However, if the bulb looks like this CFL bulb in the middle picture then you do not need to replace it to an LED bulb because it is already very efficient. If you have any doubts about what bulbs you already have installed in your home please ask your parents for help.

<p><b>Incandescent bulb</b></p> <ul style="list-style-type: none"><li>• Gives off 90% of energy as heat, not light</li><li>• Average lifespan: 750–2,000 hours</li></ul> 	<p><b>CFL bulb</b></p> <ul style="list-style-type: none"><li>• Uses 75% less energy than a traditional incandescent bulb</li><li>• Average lifespan: 8,000–10,000 hours</li></ul> 	<p><b>LED bulb</b></p> <ul style="list-style-type: none"><li>• Uses 75–80% less energy than a traditional incandescent bulb</li><li>• Technology still in development, but estimated lifespan is 30,000–50,000 hours</li></ul> 
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**2. Power Strips** - Now you can check out your power outlets in places where there are a lot of electronics. For example, where your TV is or where your home office and or computer are located there may be a few different appliances in one area. If this is the case, and there is no power strip that can be turned on or off, you can note this on your worksheet as a place where a power strip could be added. If there already is a power strip without an on off switch you could keep it and just unplug when not in use.

**3. Thermostats** - The next point to determine is where your thermostats are. Once you find these you can see what the temperature currently is set to and what your parents change the temperature to when you go to sleep or when no one is home. Based off of these numbers you can then see if there are changes you can make for thermostats on the worksheet.

**4. Plastic Window Insulation** - The majority of U.S. homes are too drafty with an excess of cold air entering the home that raise the heating bill. To fix this, you can count how many windows you have in your home to complete step 4 of your worksheet. However, if your home is not too drafty than this step is not necessary.

Once you have filled out this worksheet, you can then add up the total yearly savings. The worksheet is then completed and ready to bring back to your teacher!

If you want to learn more or want to tell your friends about this campaign, check out our website [www.elmenergyproject.org](http://www.elmenergyproject.org).

Thanks for doing your part in climate change remediation and for helping your family save money! You are now on your way to being part of the solution in restoring a healthy climate.

