

CARE PACKAGE ITEM LIST

This CARE Package contains **28 ITEMS** that can be used in the home and classroom to save energy, help offset the impacts of climate change, reduce waste, and save money!



Items with this symbol beside it can be used to complete your own Energy Audit!
(see the Energy Audit activity in the Classroom Activities tab in the teacher's guide)

1. Energy Conservation Wheel
2. Shower Timer
3. LED (light emitting diode) Bulb & NightLight
4. Water Flow Rate Bag ⚡
5. Recycled Newspaper Pencil
6. Tire Gauge
7. Rechargeable Batteries
8. Furnace Filter Whistle ⚡
9. Leak detection tablets ⚡

10. Efficient Shower Head
11. Daily Sustainability Challenge Magnet
12. Mini Solar Panel
13. Fridge Thermometer Card ⚡
14. K-Cup Reusable Pods
15. Recycled Cardboard Binder
16. Energy Monitor ⚡
17. Mesh Produce Bag
18. No Junk Mail Sticker
19. Biodegradable Cutlery
20. Clothes Peg
21. Milkweed Seeds
22. Stainless Steel Drinking Straw
23. Pedometer
24. Biodegradable® Dog Poop Bags
25. Reusable Food Wrap
26. Infrared Thermometer ⚡
27. Faucet Aerator
28. Outlet Insulators



DID YOU KNOW?

ENERGY STEWARDSHIP FACTS

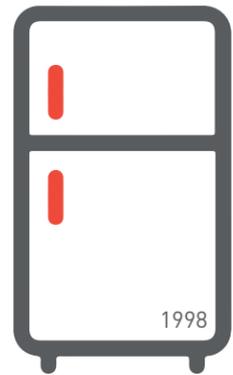
Statistics: Environment and Climate Change Canada (www.ec.gc.ca) and Natural Resources Canada (<http://www.nrcan.gc.ca/home>) Government of Alberta (www.alberta.ca/climate-change-alberta.aspx) Sources: The Eco-Efficiency Centre, Waste Reduction Week Canada, Earth Care, CO2RE HomeSavers, Green Calgary

Recycling all of your home's waste **newsprint, cardboard, glass** and **metal can** reduce carbon dioxide emissions by about



A refrigerator built 20 years ago uses

70% more energy



than today's energy efficient models.



For every degree you lower your thermostat in the winter you can save **3%** on your heating bill.

During the winter, Canadians idle their vehicles for a combined total of **75 million minutes per day**. This is equal to a vehicle idling for...
...144 years!

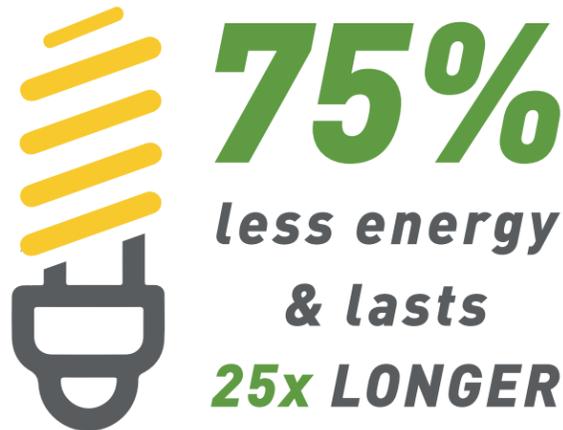


Running an old gas lawn mower for



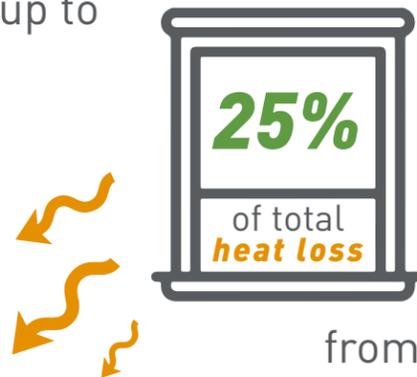
can create as much pollution as driving your car **500 kilometres.**

LED (light emitting diode) light bulbs use



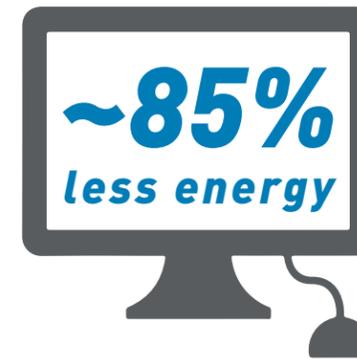
than incandescent lighting.

Improperly sealed windows can account for up to



from a house.

LCD (liquid crystal display) monitors use



than conventional **CRT (cathode ray tube)** monitors.

25% of the energy used to manufacture cardboard is saved when the cardboard is recycled.



Recycling 1 aluminum can saves the amount of energy to...



light a 100 watt bulb for



20 hours

OR

run a TV for



3 hours

An **ENERGY STAR® washing machine** uses up to

50%

less water and energy



per load than average.