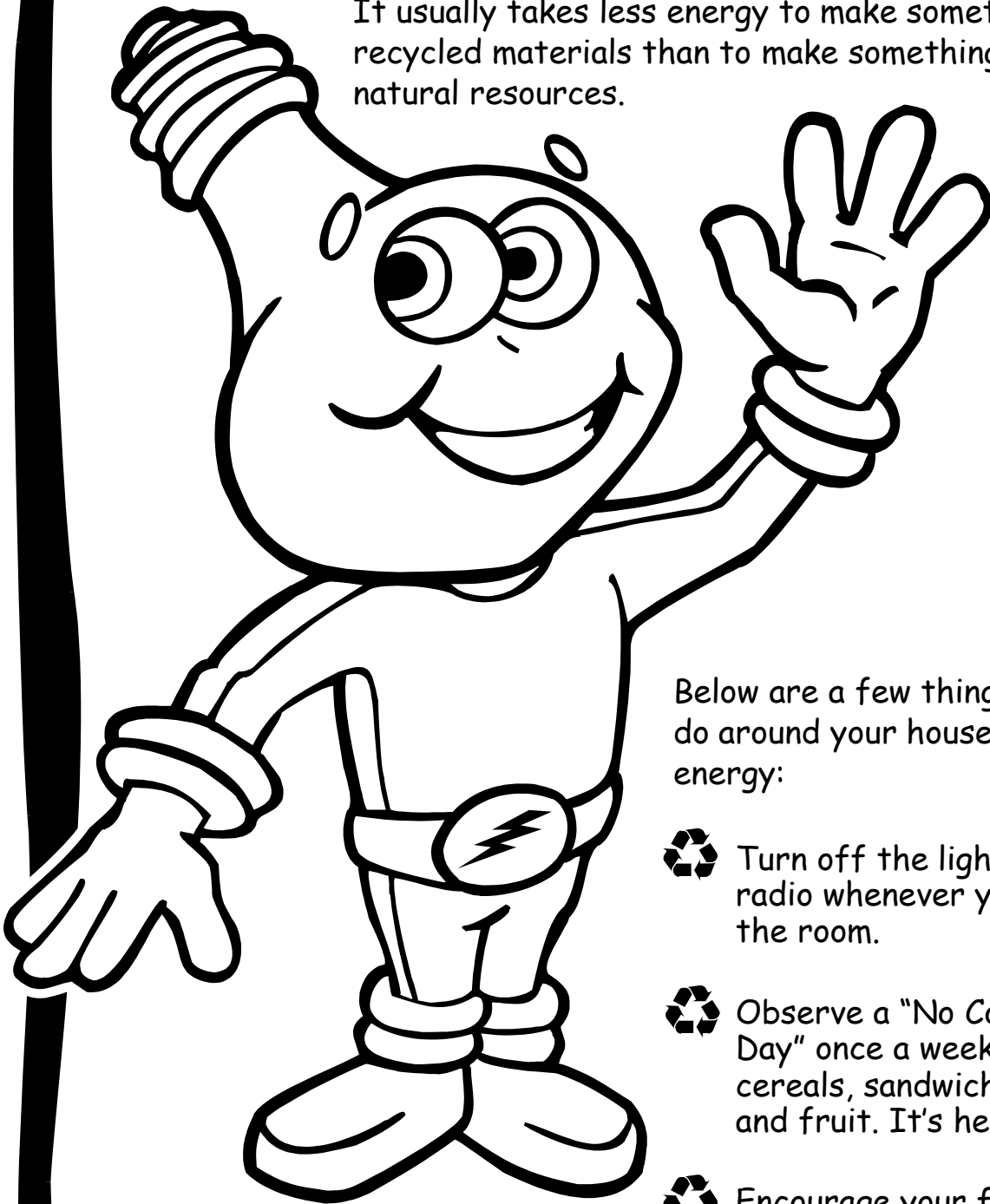





# Save Energy!

It usually takes less energy to make something from recycled materials than to make something new from natural resources.



Below are a few things you can do around your house to save energy:

-  Turn off the lights, TV, or radio whenever you leave the room.
-  Observe a "No Cooking Day" once a week. Eat cold cereals, sandwiches, salads, and fruit. It's healthy, too.
-  Encourage your family to walk or ride bikes to nearby places.