

Parents Quiz

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

ANSWER KEY

Never = 0 Points

Sometimes = 5 Points

Most of the time = 7 Points

Always = 10 Points

Points

#1: I use RE-Usable bags for the grocery store and other shopping 'errand' trips, or just don't take a bag from a merchant if I don't need it.

#2: I use RE-Usable containers for the family to drink and eat from for lunch and trips...rather than using plastic water and drink bottles, juice boxes, etc.

#3: I use high concentrated, eco friendly cleaning products for the kitchen, bath, etc., and use high absorbent, washable cloths instead of paper towels.

#4: I look for the option of locally made or grown products with minimal packaging materials whenever reasonably possible.

#5: I give away toys and clothes to friends, neighbors, or a charity rather than just throwing them out.

#6: I use RE-Chargeable Batteries for my kids toys, and taught them how to use the charger that more than pays for itself quickly.

#7: I build in some family fun each season with 'respect for the eco-system' weekend programs, like hiking, nature walks or animal watching.

#8: I Carpool or take Public Transportation to work or carpool Kids to School or have them take the School Bus.

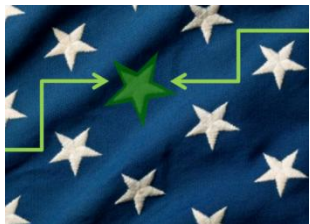
#9: I traded in the family car for a more fuel efficient one, set tire pressure to maximize the fuel efficiency, or get a Carbon Offset program each year.

#10: Overall, I teach my kids by example to RE-DUCE, RE-USE, and RE-CYCLE whenever possible in the course of my daily actions and purchase decisions.

TOTAL SCORE: Add up your Points

This is designed for Parents with school age children, and the top score is 100!

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!



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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 CO² 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.



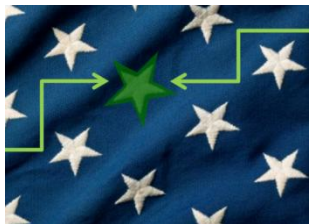
Energy

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



It's a team sport
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 ² Savings
<p>Reduce Plastic Waste: 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	1,000 lbs
<p>Reduce Paper Waste: 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	.34 lbs
<p>Reduce Water Waste: 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	560 lbs
<p>Reduce Energy Waste: 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	1,520 lbs
Totals	\$132.50	\$440	3,080 lbs

For about \$10 a month...you can SAVE over \$400 a year and SAVE well over a ton of CO²!

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

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 CO₂. We've got a lot of opportunity and ...

A little bit goes a long way!