

# A Message for Parents

Commerce Energy, an independent U.S. electricity and natural gas marketing company serving the Dallas-Fort Worth area, cares about families and the environment. That's why Commerce Energy has partnered with the curriculum experts at Young Minds Inspired (YMI) to create **Switch It!**, an educational program designed to teach your child about energy use and conservation.

Through this practical hands-on program, children explore what energy is, where it comes from, and how smart energy use leads to cleaner air and a better environment. They are also encouraged to practice several useful suggestions for saving energy and reducing energy costs in their homes.

We invite you to share this exciting learning experience with your child. Take control of energy use in your own household by following these simple energy saving suggestions:

- ✓ Unplug appliances and battery chargers when they are not in use.
- ✓ Swap incandescent light bulbs for compact fluorescent lights.
- ✓ Make sure your home is well insulated and that windows and vents are tightly sealed.
- ✓ Use task lighting, like desk lamps and under-cabinet lighting, instead of bright overhead lights.
- ✓ Choose showers over baths, which tend to use more hot water.
- ✓ Purchase energy-efficient appliances.

With your child, use the **Switch It!** Checklist on the back to review other simple energy savings tips and see how well your household is saving energy!

Visit the Commerce Energy website at **[www.CommerceEnergy.com](http://www.CommerceEnergy.com)** for more energy saving tips. While you're there, check out the variety of energy choices we offer. You might even find ways to save money.



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# Switch It! Checklist

Take control of energy use in your household by following these simple energy saving tips. Place a check by each tip you implement in your household.

- Unplug appliances and battery chargers when they are not in use.
- Swap incandescent light bulbs for compact fluorescent lights.
- Make sure your home is well insulated and that windows and vents are tightly sealed.
- Use task lighting, like desk lamps and under-cabinet lighting, instead of bright overhead lights.
- Choose showers over baths, which tend to use more hot water.
- Purchase energy-efficient appliances.
- Close the door behind you as you leave your home.
- Turn out the lights when leaving a room.
- Close the window blinds to keep rooms cool.
- Use an extra blanket to stay warm.



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