

FACTSHEET

2008EDUC0098-001279
Aug. 22, 2008

Ministry of Education

BACK TO SCHOOL TIPS TO SAVE ENERGY

- When shopping for back-to-school supplies, buy products that are reusable or have recyclable packaging.
- Buy good-quality, long-lasting products that can be handed down to younger children.
- Recycle as much waste as possible.
- Use cold water when washing school clothing.
- If washing clothes with hot water, use a front-loading washing machine, which saves water.
- Encourage children to take shorter showers using a restricted-flow shower head.
- Make sure children turn off taps when brushing their teeth, instead of allowing a constant flow of water.
- When making children's lunches, stay away from pre-packaged or processed foods as much as possible. Use a reusable lunch bag.
- Clean waxed paper, plastic bags and tinfoil can be re-used several times if children bring them home.
- Instead of including pre-packaged drinks in school lunches, a small thermos of cold milk or juice will cut down on unnecessary packaging.
- Encourage children to drink water from drinking fountains at school, instead of relying on expensive bottled water.
- Encourage your children to become active in a recycling program or a recycling club at school. If the school doesn't already have one, encourage your children to help start one.
- Bottle drives are great fundraisers to raise cash for extra-curricular activities. They supply funds, while recycling beverage containers.
- Encourage children to walk, cycle or inline skate to school whenever possible.
- Encourage children to take public transit to school as often as possible or arrange a neighbourhood carpool.
- Join a car sharing co-operative for school commutes instead of owning a car.
- Walk or cycle with your children to school instead of driving. This reduces vehicle emissions.
- If you must drive children to school, incorporate short-distance errands in the trip so your engine stays warm.
- Drive below 90 km/h. Drive moderately and accelerate slowly.
- Maintain proper tire inflation for your car. Check your tires weekly and schedule regular maintenance checks for your car.
- Turn off your car instead of idling for periods longer than 10 seconds.

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