

# Saving Energy

The United States uses a lot of energy—over two million dollars’ worth of energy per minute, 24 hours a day, 365 days a year. All of us use energy every day—for getting from one place to another, cooking, heating and cooling rooms, making products, lighting, heating water, and entertainment.

We use a lot of energy to make our lives comfortable, productive, and enjoyable. Most of that energy is from nonrenewable energy sources. It is important that we use our energy resources wisely.



When you leave a room, remember to turn the lights off.

## Conservation

Your parents may tell you to conserve energy. “Turn off the lights,” they say. **Energy conservation** is about saving energy. Energy conservation involves all the behaviors that we use to control our energy use. Use only what you need. Don’t turn on two lights if you only need one. Remember to turn off the lights when you leave a room. Turn off the TV and video games, too. Unplug devices you aren’t using. On a sunny day, read by a

window. Keep the refrigerator door closed. Know what you want before you open the door. If you’re pouring a drink, don’t leave the door open. It takes a lot of energy to cool things. If the air conditioner is on, keep doors and windows closed. If you can, just use a fan and wear light clothes instead of using the air conditioner. Walk or ride your bike wherever you can. When you take a bath, use only the water you need.

## Efficiency

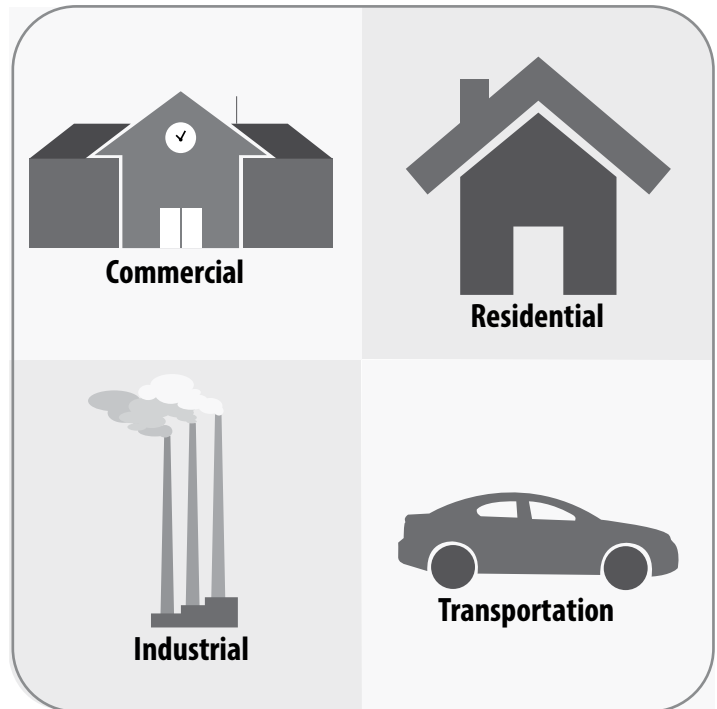
**Energy efficiency** is saving energy with specialized machines or equipment to complete a task. It might be a washing machine, a light bulb, or your family’s vehicle, but they are all some kind of device that does work for us. If we say we are being more energy efficient, we are using devices that use less energy to perform the work. For example, a heavy duty pickup truck and a small sedan will both carry two people to work. However, the small sedan will use less fuel to do so, so it is more efficient. A new, ENERGY STAR® refrigerator will use less energy than an old refrigerator. Upgrading old light bulbs to more efficient bulbs like CFLs or LEDs will save energy while still brightening the room.

Even the most efficient machines need people acting in conserving ways to make them of any use. An LED light is the most efficient lighting type available, but if the lights are left on all day every day, they’re still using more energy than they should. The owners of that LED light need to turn it off and exhibit good energy conservation.

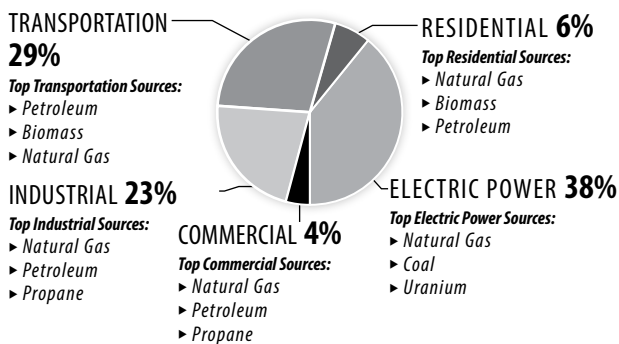
# How We Use Energy

We use energy in many different areas of our lives. When we use energy at home, this is called **residential** energy use. When we use energy in office buildings, hospitals, stores, restaurants, and schools, we call this **commercial** energy use. We also use energy to create products and manufacture goods. This is called **industrial** energy use. When we use energy to move people or things from place to place, this is called **transportation** energy use. Every different type of energy use also requires electricity. We use energy sources to generate electricity. In the U.S. most of our energy is used to create electricity, move people, and make our goods.

## Energy Uses



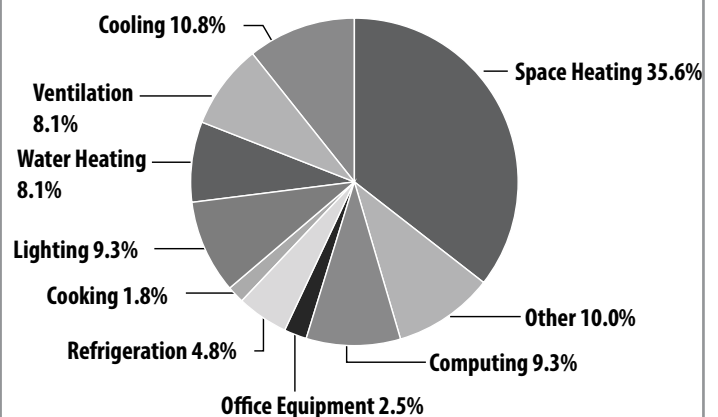
### U.S. Energy Consumption by Sector, 2017



The residential, commercial, and industrial sectors use electricity. This graph depicts their energy source consumption outside of electricity.  
Data: Energy Information Administration

Residential and commercial buildings use energy in similar ways. Both use energy for heating, air conditioning, water heating, lighting, and powering appliances and machines. Schools use more energy than homes, and often use more energy in other areas than you might use in a house because of all of the students inside and the work they do while they are in school.

### U.S. School Energy Consumption



Data: EIA Commercial Building Energy Survey