

UNPLUG ME

Just because you're not using a household appliance or device doesn't mean it's not consuming energy if plugged into a socket. Many devices in your house like the printers, laptops, coffee makers, phones still pull energy when they are plugged in...often called vampire power!



According to the Natural Resources Defense Council this always on energy use by inactive devices translates to around \$19 billion a year (\$165 per US household) and 500 megawatt power plants' worth of electricity!

In the month of April let's build our lower energy using skills by unplugging at least 2 devices every time we leave the house or night before going to bed.

Keep track of your practice:

How many devices/electronics did you unplug?

DAY 1 1 2 more

What were they? _____

DAY 2 1 2 more

What were they? _____

DAY 3 1 2 more

What were they? _____

DAY 4 1 2 more

What were they? _____

DAY 5 1 2 more

What were they? _____

DAY 6 1 2 more

What were they? _____

DAY 7 1 2 more

What were they? _____

Name: _____
Email: _____
Location: _____



Submit to NMPSIA.wellness@PHS.org by April 30, 2023 to be entered in to win a prize!