

## Lisa Beach

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**From:** NEEF Connect <info@neefusa.org>  
**Sent:** Tuesday, October 1, 2019 2:37 PM  
**To:** lisa@lisabeachwrites.com  
**Subject:** Happy Halloween! (and Children's Health Month...and National Energy Awareness Month!)

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**Hello Lisa,**

Happy Halloween! Though a little early, it is a good time to start thinking about vampires—energy vampires. October is National Energy Awareness Month, with Energy Star Day on October 22, so we are sending a few tips to keep your costs down as the temperature

drops. We also celebrate Children's Health Month with reasons to enjoy the outdoors with kids, and, finally, we give you some early results of NEEF's National Public Lands Day volunteer efforts throughout the country.

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### Health & Wellness



## Tap Into Your Own Physical Energy—Play Outside With Your Kids!

The average American child spends only four to seven minutes a day playing outside in unstructured activities. At the same time, they spend more than seven hours of screen time a day, whether that's watching TV, playing video games, texting friends, or surfing the Internet. Since October is Children's Health Month, you've got the perfect opportunity

to not only get your kids outside, but to join them! Playing outdoors offers a great way to burn off physical energy. Studies show that spending time in nature can positively impact your mental and physical health, no matter your age.

[Read More](#)

### Conservation



### Home Energy Efficiency Tips

October is National Energy Awareness Month, which raises awareness about the importance of energy conservation and what you can do to boost energy efficiency at work and at home. Improving home energy performance can improve the value and air quality of your home.

[Read More](#)

### Education



### Five Ways to Learn About Energy

National Energy Awareness Month provides a great learning opportunity to help foster a strong connection between students and energy. Incorporating energy education into students' lives can show the importance of energy conservation in our daily use.

[Read More](#)

### Timely Tip



### Unplug those energy vampires!

Did you know that leaving electronic devices plugged in when you're not using them still draws energy? It's time to slay those energy vampires! Why? They waste power by sucking energy without providing useful functions. This "standby power" accounts for 5-10% of residential energy use and costs the average US household \$100 per year. Your best bet? Using a power strip with a central on/off switch, plug in multiple devices (such as computer, printer, phone charger, and desk lamp) and turn them off all at once when you're not using them. Need some other ideas? Visit [Energy Star](#).

*Source*

[EPA Energy Star](#)