



**Energy  
Explorers**

## ***FLIP THAT SWITCH DOOR HANGER***

Save energy by turning off lights when you leave a room. You can remind friends and family to save energy with the door hanger. Color it in, cut it out and hang it in your house or even in your classroom at school!

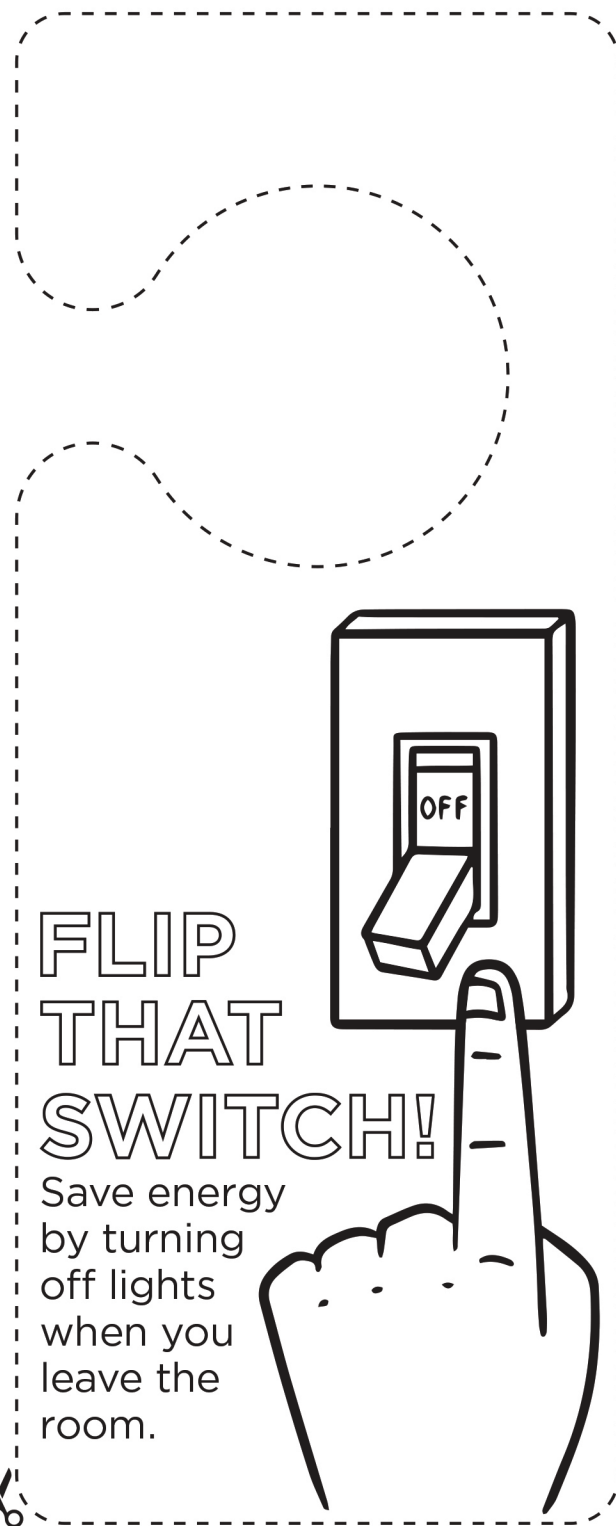


### **LIGHTING FACT:**

**Residential LEDs—  
especially ENERGY  
STAR rated products  
—use at least 75% less**

**energy and last 25 times longer  
than incandescent lighting.**

*(Source: Department of Energy)*



**MEDINA ELECTRIC  
COOPERATIVE, INC.**

Your Touchstone Energy® Cooperative 

# Keep Food Safe

## Before, During and After a Power Outage

Unfortunately, power outages do occur from time to time. It's important to know how to keep your food safe during an outage. Use these tips from USDA to help minimize food loss and reduce your risk of illness.

### Before power outage



Keep refrigerator at **40° or below**. Freeze items like fresh meat and poultry that you won't use immediately. Keep freezer set to **0° or below**. Group frozen foods to help items stay colder longer.



If you anticipate an extended power outage, buy dry or block ice to keep the fridge and/or freezer cold.

### During power outage

**Keep the refrigerator and freezer doors closed!**

If the doors stay closed during the length of the outage:



A full freezer will hold its temperature for **48 hours**.



A refrigerator will keep food safe for **four hours**.

### After power outage



Check the temperature inside your refrigerator and/or freezer.



If the temperatures are safe, the food should be safe to eat.

### Foods that should be thrown out after an extended power outage:

Meat, poultry or seafood products

Milk, yogurt and other dairy products

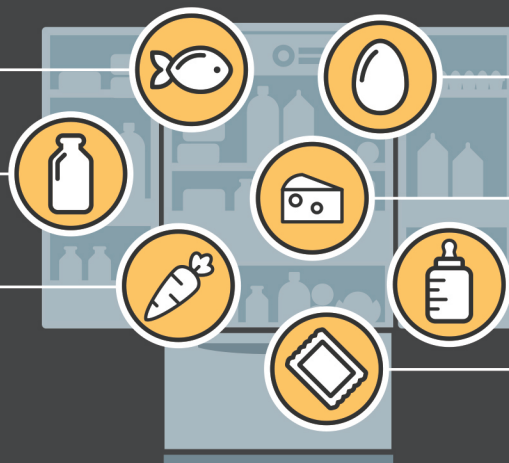
Cooked or sliced produce

Eggs and egg products

Soft and shredded cheese

Opened baby formula

Dough and cooked pasta



# Electrical Safety Activity



The holiday season is a festive time of year! Remember to keep electrical and fire safety in mind as you decorate your home.

*Can you find the four hazards in the home below?  
Use the safety tips for clues.*

## Electrical Safety Tips:

- Do not overload electrical outlets with too many decorations or appliances.
- Never leave a candle burning if you're not in the room.
- Make sure your tree is watered daily.
- Extension cords used for holiday decorations should be checked for fraying/damaged or exposed wires.



# Energy Sources Activity

Did you know Americans use electricity that is generated from different fuel sources? Some fuel sources are renewable, meaning they harness natural energy from the Earth's resources, and some are non-renewable, meaning they use fossil fuels.

Do you know which energy sources are renewable and non-renewable? Use safety scissors to cut out the images below and place them in the correct row. Use the answer key to check your work.

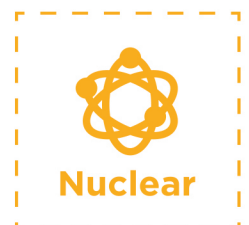
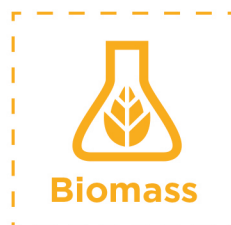
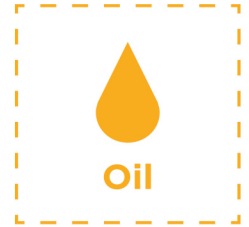
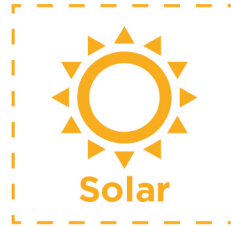
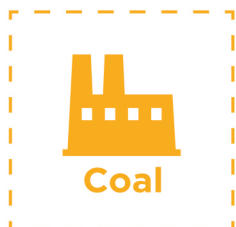
## Renewable Sources

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## Non-Renewable Sources

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**Answers:** Renewable Sources: Hydro, Wind, Biomass, Solar Non-renewable Sources: Natural Gas, Nuclear, Coal, Oil





## LABOR DAY

# Word Search

W	A	R	E	H	O	U	S	E	C	L	E	R	K	B	F	M
A	K	A	T	S	B	C	A	P	P	R	E	N	T	I	C	E
R	A	N	A	M	E	C	I	V	R	E	S	P	N	L	X	M
E	I	T	M	A	N	A	G	E	R	G	R	U	E	L	X	B
P	H	O	U	S	E	V	E	R	E	L	C	R	D	I	H	E
U	A	A	W	L	M	N	I	N	H	E	W	C	N	N	C	R
R	O	T	A	N	I	D	R	O	O	C	Y	T	E	F	A	S
C	E	N	G	G	A	N	T	U	K	L	H	H	T	T	S	E
H	G	E	N	I	N	C	E	E	R	I	C	A	N	Y	H	R
A	N	E	C	F	I	N	E	M	R	N	E	A	I	Q	I	V
S	I	M	A	O	N	A	G	E	A	E	T	S	R	J	E	I
I	S	F	C	R	E	W	O	C	M	N	R	I	E	S	R	C
N	A	E	G	E	M	R	P	F	U	M	E	N	P	T	S	E
G	H	M	A	M	D	N	U	O	R	G	T	E	U	A	A	R
H	C	C	X	A	W	N	C	S	N	A	E	R	S	K	F	E
I	R	I	T	N	E	C	R	P	P	A	M	C	Z	I	E	P
L	U	J	K	R	A	S	S	I	S	T	A	N	T	N	T	Y
O	P	E	R	A	T	I	O	N	S	M	A	N	A	G	E	R



Explore co-op careers and help Willie Wiredhand find these words in the puzzle box.

ACCOUNTANT  
APPRENTICE  
ASSISTANT  
CASHIER  
CEO  
CFO  
CREW

ENGINEER  
FOREMAN  
GROUNDMAN  
IT MANAGER  
LINEMAN  
SUPERINTENDENT  
MEMBER SERVICE REP

METER TECH  
OPERATIONS MANAGER  
PURCHASING  
SERVICEMAN  
STAKING  
SAFETY COORDINATOR  
WAREHOUSE CLERK