

## 2009 Opportunities to Live United

*In preparation for the 2009 Campaign, United Way of the National Capital Area is presenting the following Opportunities to Live United. Participants are encouraged to write, blog, or video their experiences for inclusion in our campaign messaging or web site. Individuals who participate in an Opportunity will receive a sticker to wear during the Campaign Kick Off event in September – one sticker for each Live United experience. Please share your challenge experiences with us. Submit your written thoughts, blog entry, written or video diary to Catherine Nallon at [cnallon@uwnca.org](mailto:cnallon@uwnca.org)*

### Utilities Challenge

Did you know?

The average monthly electric bill for D.C. customers rose from \$58.16 in 2004 to \$103.67 in 2009. The average monthly electricity cost for central air conditioning is between \$71-\$102 per month, compared to \$1.60 per month to power a fan.

*Imagine it is the month of August, it is 90 degrees and all you have is a \$5 fan and iced lemonade to keep cool. Or imagine what it would be like without having the luxury of relaxing in front of the TV or spending hours on your computer. How would you cope if your water service was shut off for delinquent payments?*

**Don't just imagine – LIVE UNITED**

**Turn off or limit your electricity and/or water consumption for 3 days.**

Tips for survival:

- Keep chilled tap water in the refrigerator or in a cooler. Flavor with inexpensive, seasonal citrus fruit slices.
- Purchase nonperishable canned foods that can be eaten without heating, or use your grill fueled with sticks gathered from your yard.
- Hand wash and air dry dishes. Use a few drops of bleach to sanitize the rinse water.
- Water left after bathing and dishwashing can be used to flush toilets.
- Find some good books, board games, and a deck of cards to occupy yourself and your family without television.
- Cool off in free public places such as libraries, museums and shopping malls.
- A tray of ice in front of a fan makes a primitive air conditioner.

# LIVE UNITED™





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