



Natural Gas Matters

IDEAS AND INSIGHTS FROM YOUR NATURAL GAS SERVICE PROVIDER



**OKLAHOMA
NATURAL GAS**

A DIVISION OF ONEOK

Natural Gas: Clean, Green, Efficient

We all know natural gas as the fuel that heats our homes, dries our clothes, cooks our meals and warms our water, but did you know natural gas is one of the most environmentally friendly and efficient fuels available?



It's true. Natural gas is the cleanest burning fossil fuel, and homes that use natural gas instead of electricity for cooking, clothes drying and water and space heating can create a carbon footprint that's up to 30 percent smaller. That's the equivalent of planting more than 300 trees!¹

Why is natural gas a more efficient choice? Ninety-two percent of natural gas is delivered to your home as energy, compared with only 32 percent for electricity. In fact, even electric companies see the benefits of natural gas. About 31 percent of the electricity in the United States is generated from natural gas, due to its low cost and low emissions.²

Finally, using clean, efficient natural gas helps keep your energy costs down. Households that use natural gas appliances for heating, water heating, cooking and clothes drying spend an average of \$654 less per year than homes using electricity for those applications.²

So the next time you take a hot shower or turn on your oven, you can be proud to know that you're using clean-burning, efficient, affordable natural gas.



¹ Source: U.S. Environmental Protection Agency and the Gas Technology Institute.

² Source: American Gas Association



Registering your account online is as easy as one, two, three:

1. Log on to www.oklahomanaturalgas.com.
2. Click the "Register Today!" button in the upper right corner.
3. Enter your information.

Paying Made Easy

Paying your natural gas bill shouldn't be a chore. We make it easy for you. In addition to paying by mail, phone or online, we offer several other convenient ways to pay your Oklahoma Natural Gas bill:

- > **Pay agents** – You can make payments by check, money order or cash. An agent will help you and provide a receipt. Pay agents do not have access to our billing system, and a fee may be assessed by the pay agent.
- > **Payment drop box** – Enclose your bill stub with a check or money order (no cash) in an envelope and place it in the drop box. These boxes are unstaffed, and there is no receipt.
- > **Kiosks** – Similar to an ATM, a kiosk allows for payment by cash or check. Customers must have their bill stubs. A receipt is provided and, because no change is given, any overpayment is credited to the account. A fee is assessed by the kiosk provider.

To find a payment location near you, visit www.oklahomanaturalgas.com. For worry-free convenience, consider enrolling in our Automatic Bank Draft program. Information about all of our payment options is available at www.oklahomanaturalgas.com.



Flavored Flank Steak

Ingredients:

- 1 ½ lb flank steak
- 3 tbsp sesame seeds
- 3 tbsp extra virgin olive oil
- ¼ cup soy sauce
- ½ cup finely sliced green onions
- 1 clove garlic, crushed
- ¼ tsp black pepper
- ¼ tsp ground ginger
- 2 tsp brown sugar

Directions:

Remove tendons and trim steak. Pound the meat to ½ inch thickness. Cut into 3 by 4 inch pieces. Combine remaining ingredients and marinate steak in mixture for 1 hour. Grill steak on natural gas grill over medium to low flame about 4 minutes. Turn, grill 3 minutes on other side. Serve hot. Makes 6 servings.

Amount Per Serving

Calories 258.6
 Total Fat 16.2 g
 Saturated Fat 4.8 g
 Polyunsaturated Fat 1.7 g
 Monounsaturated Fat 8.7 g
 Cholesterol 56.7 mg

Sodium 684.0 mg
 Potassium 477.4 mg
 Total Carbohydrate 4.1 g
 Dietary Fiber 0.5 g
 Sugars 2.4 g
 Protein 24.2 g

We welcome back recipes provided by the Oklahoma Natural Gas "Blue Flame Favorites" cookbook

