



Natural Gas Matters

IDEAS AND INSIGHTS FROM YOUR NATURAL GAS SERVICE PROVIDER



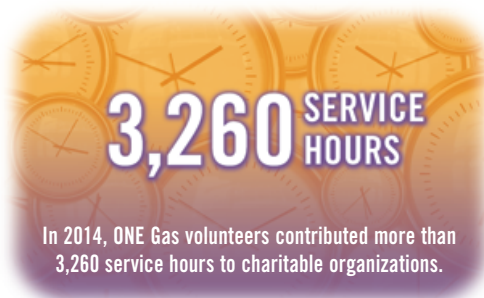
Oklahoma Natural Gas Gives Back to the Community

Oklahoma Natural Gas is proud to be a part of the communities that we serve every day. But delivering safe, reliable natural gas isn't all we do – we believe in giving back to our communities as well. That's why so many of our employees choose to participate in our United Way campaign and employee volunteer projects.

Oklahoma Natural Gas is a division of ONE Gas, Inc., and each year ONE Gas employees in Oklahoma, Kansas and Texas participate in local United Way campaigns to support programs and organizations that improve lives in the communities where we live and work. In 2014, ONE Gas employees, retirees and directors pledged more than \$706,000 to the United Way. With ONE Gas matching every dollar, that's more than \$1.4 million to help maintain the good work of United Way member agencies.



Donating funds isn't the only way our employees help. They regularly volunteer with organizations throughout our service territories like Special Olympics, The Salvation Army, The Humane Society, local food banks and more. In 2014, the hard work of ONE Gas volunteers totaled more than 3,260 service hours, a significant contribution to many charitable organizations.



Our employees know the value of helping those in need, and we're proud to support the many important organizations that help Oklahomans each day.

To learn more about Oklahoma Natural Gas's commitment to fellow Oklahomans, visit www.oklahomanaturalgas.com and look under the "About Us" tab.

Natural Gas: The Cleaner, Greener Fuel

When you use natural gas, you're making a responsible choice for the environment. That's because natural gas is the cleanest-burning fossil fuel, and homes that use natural gas instead of electricity for cooking, clothes drying and space and water heating can reduce their carbon footprint by up to 30 percent.



Natural gas is an efficient choice, too. Ninety-two percent of natural gas is delivered to your home as energy, compared with only 32 percent for electricity. Less energy lost during delivery means less waste, and that's good news for the environment.

But that's not the only good news: natural gas benefits your budget, too. Households that use natural gas appliances for heating, water heating, cooking and clothes drying spend an average of \$653 less per year than homes using electric appliances.

Next time you take a hot shower or light that blue flame on your natural gas range, you can feel good knowing it's fueled by the cleaner, more affordable fuel.

Get Connected With Oklahoma Natural Gas



For energy-saving tips, safety information, fun facts and more, follow @OklahomaNatural on Twitter and like Oklahoma Natural Gas on Facebook.

Garlic Parmesan Oven Roasted Cauliflower

Ingredients:

1 head of cauliflower, cut in half
3 tbsp. olive oil
4 garlic cloves
3 tbsp. grated parmesan cheese
½ tsp. herb seasoning of your choice
Salt and pepper to taste

Directions:

1. Preheat natural gas oven to 400 degrees.
2. Cut cauliflower head in half and stuff two garlic cloves in each half.
3. In a medium bowl, mix together olive oil, parmesan cheese, herb seasoning and salt and pepper. Toss together and pour over cauliflower.
4. Place on a baking sheet coated with cooking spray.
5. Bake for 30-40 minutes. Let cool and cut into florets.

Serves 4.

Amount per serving (about 1 cup):

Calories: 87; Fat: 4.8 g.; Carbohydrate: 7.6 g.; and Fiber: 3.6 g.

