

Tips for Fall 2009 Sustainability Week

Green Campus Program Background

Currently, the Green Campus Program is established on 13 California campuses and started at Cal Poly Pomona in January 2007. It is a student led program of the Alliance to Save Energy and our goal is to achieve measurable energy saving and educate our campus community on energy efficiency. We believe that this is the cheapest, quickest, and easiest way to conserve our resources. One reason is that energy efficiency is mainly behavioral changes, which cost nothing. Second, when there is a higher demand for electricity, utility companies must build power plants. This is also why utility companies promote energy efficiency.



Energy Competition

From October 19-November 16, the Housing Green Committee and Green Campus will be holding an energy competition. The building that has the highest percentage reduction during the competition, compared to the energy used during October, will receive a pizza party. In addition to the pizza party, residents who sign the "Buck the Juice" Sustainability Pledge will be entered into a raffle to win "Buck the Juice" t-shirts, light dimmers, and Trader Joe's gift cards. The pledge is available online at www.GreenCampusCPP.org.

Compact Fluorescent Lamps (CFLs)

Green Campus has been doing a CFL Exchange among students campus wide especially to on campus residents.

CFLs are small fluorescent light bulbs that can be used in regular light sockets.

Here are some benefits to using CFLs over stand incandescent light bulbs:

- They use about 75% less energy
- They last up to 10 times longer
- They save about \$30 or more in electricity costs over each bulbs lifetime
- They lower greenhouse gas emissions, which reduces global warming
- If every California household replaced 5 incandescent bulbs, it would be like taking off 400,000 cars off the road



CFLs contain small amount of mercury, about as much on the tip of a ball-point pen. Because of this, they cannot be thrown away with regular trash and special care needs to be taken during disposal and when one breaks.

A Broken CFL:

1. Open windows to disperse any vapor

2. Sweep up fragments. Do not vacuum.
3. Wipe the area clean with a wet disposable paper towel.
4. Place these items in a plastic bag and take to a recycle plant, a Household Hazardous Waste Collection Site, or a location that sells CFLs

Getting Rid of Old Bulbs:

1. Place it in a plastic bag
2. Take this to a recycle plant, Household Hazardous Waste Collection Site, or a location that sells CFLs

To locate a recycle plant or Household Hazardous Waste Collection Site, visit earth911.org or epa.gov/bulb recycling

Heating and Cooling

Many heating and cooling units use a thermostat to maintain the temperature in the room. The way this works is you set the thermostat to the desired temperature and the unit stays on until the room reaches that temperature. The heater or air conditioner turns back on once the temperature has dropped 2° for heaters and increased 2° for air conditioners. A 5% higher setting on your thermostat can save 10% on cooling costs.

Heating:

- Set your thermostat to 68° F during the day, and 55° F at night and when the room is not occupied
- Close windows and doors when using a heater

Cooling:

- Set your thermostat to 78° and 85° or higher when the room is not occupied
- Open windows and doors to cool a room first
- Close windows and doors when a cooling unit is used.
- Open windows on cool days and at night

Power Strips

Many appliances continue to draw power even when they are shut off. These are known as phantom loads and they include items such as cell phone chargers, laptop chords, printers, speakers, DVD players, etc.

The best ways to reduce phantom loads are to plug these items into a power strip and turn off the entire strip when they are not in use and when you leave the room.

Refrigerator and Microwave

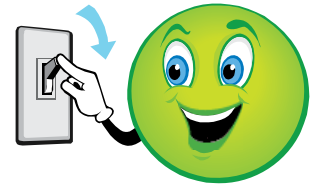
- Turn off both of these during long breaks (winter and spring break)

- Allow for plenty of space between the walls and refrigerator for ventilation so the unit does not have to work as hard
- Vacuum refrigerator coils often to create better ventilation.
- The recommended temperature for a refrigerator is 10°F-42°F
- The recommended temperature for a freezer is 0°F-5°F

Behavior

Here are some other tips that you can incorporate into your everyday routines:

- Turn off the lights when your room or common area is not being used
- Use daylight whenever possible
- Use task or desktop lamps instead of overhead lighting
- Wash full load of clothes or adjust the water level
- When washing clothes, only use hot water when necessary and always use cold water for rinsing.
- Clean the lint trap of clothes dryer's to keep the exhaust clean



Beyond the Competition

Water Conservation

Here are some tips on conserving water that can be used in promoting water savings during the energy competition:

- Take shorter showers. Shortening your showers by 1 or 2 minutes can save 5 gallons per day.
- Turning the water off while brushing your teeth, washing your face, or shaving can save up to 3 gallons per day
- Avoid taking baths - take short showers - turn on water only to get wet and lather and then again to rinse off.
- Washing only full loads of laundry can save 15-50 gallons per load.
- Detect and report for repair a leaky faucet. It can save up to 20 gallons per day.
- Never pour water down the drain when there may be another use for it. Use it to water your indoor plants or garden.
- Avoid wasting water waiting for it to get hot. Capture it for other uses such as plant watering or heat it on the stove or in a microwave.
- Wash your car less often.

*Talk to your family and friends about saving water.
If everyone does a little, we all benefit a lot.*

Tips on how to be more Sustainable

- Remember the 3 R's (in this order to minimize waste)
 - Reduce: all your consumption



- Reuse: as much as you can
- Recycle: everything!
- Reduce Paper Use to Save Trees.
 - Use e-mail instead of hard copies wherever possible
 - Print on both sides of the paper
 - Use recycled/reuse scratch pads from University Printing Services
 - Save paper printed on one side for future uses
- Make Your Computer Energy Efficient
 - Set your computer to the energy save mode
 - Turn off your monitor when your away from your desk
 - Don't use screensavers- they use a lot of energy
- Recycle your Ink Cartridges to Minimize Waste
 - Place empty ink cartridges in plastic bag in any inkjet station found in various mailrooms on campus
 - Purchase refilled/remanufactured ink cartridges
- Use the Recycling Bins Correctly
 - Put a paper recycling bin next to the printer and desk
 - Put a paper and drink container recycling bin next to the trash cans
 - Get updated and informed about what items you can recycle (it is a lot more than you think)
- Use Reusable Containers and Dishes to Minimize Waste
 - Use a reusable water bottle
 - Use a reusable coffee mug and fill it with organic, fair trade, shade grown coffee
 - Use reusable dishes and silverware for lunch and office parties
 - Request China (not disposables) from AS Catering
- Use Your Purchase Power to Support Sustainability
 - Purchase paper with 30% or more recycled content
 - Purchase in bulk- it saves packaging
 - Purchase recycled content and eco-friendly office supplies and furniture
- Keep Your Dorm Room Healthy
 - Keep your room clear of dust
 - Use natural cleaning supplies
 - Keep living plants around the office
- Buy Energy Star appliances.
- Add insulation in homes to prevent heating and cooling loss
- Use an automatic clothes dryer instead of a timed one
- Set water heaters to 120 or "normal"
- One large refrigerator uses less energy than 2 small ones
- Use large appliances, such as washers and dryers during off peak hours. They are before noon and after 6PM

