



I will if you will...

I pledge to do **at least 5** of the following: (more is better!)

Energy actions

- Always turn office and classroom lights off when leaving
- Consider putting all appliances on power strip (can save 2% of energy bill)
- Turn off computer monitor and printer when not in use.
 - If gone more than 20 minutes—turn off monitor
 - If gone 2 hours—turn off both CPU and monitor
- Screensavers do not save energy—put your computer to sleep
- How to: Go to Control Panel-Power Options
- Set Monitor 20 minutes, Hard disk 30 minutes, System 2 hours
- Use daylighting whenever possible, request your area to be de-lamped if too bright
- Replace desk lights with compact fluorescent light (CFL) bulbs. CFL bulbs use 2/3% less energy and last 10 times longer than standard light bulbs.
- Prevent energy loss (heat or air conditioning) by keeping doors and windows closed
- Turn off coffee makers – share coffee makers
- Share a larger refrigerator rather than buying your own
- Purchase only Energy Star appliances – this is a UCCS policy

Water actions

- Turn off water while brushing teeth or washing your face. Use ½ gallon instead of ten!
- Take shorter showers and use water saving showerheads. A 5 minute shower can use 30 gallons of water!
- Completely turn off faucets, promptly report and/or repair leaks.
- Place faucet lever in cold position when using small amounts of water; placing lever in the hot position uses energy to heat water, even though it never reaches the faucet.

Other conservation actions

- Walk, car pool, take the bus, or ride your bike.
- Avoid purchasing bottled water - carry a reusable water bottle and coffee mug
- Reduce, Reuse, Recycle and buy recycled products.
- Purchase locally grown and organic foods.
- Consider the environment before printing. Print double-sided whenever possible.

Signature

Date

Report water and energy waste at
conserve@uccs.edu

Sustainability is a process...

A dynamic process which enables all people to realize their potential and to improve their quality of life in ways that simultaneously protect and enhance the Earth's life support systems."

Forum for the Future

Eco-quiz

- What is the average one-way distance from farm to table (food miles) for produce that we eat in America
Answer: 1,518 miles
- The typical American prepared meal contains, on average, ingredients from how many countries outside the United States.
Answer: 5. An increasing proportion of what Americans eat is produced in other countries, including an estimated 39 percent of fruits, 12 percent of vegetables, 40 percent of lamb, and 78 percent of fish and shellfish in 2001. Source: Leopold Foundation
- How much energy, as a percentage, is saved from the use of a compact fluorescent versus an incandescent lamp?
Answer: It takes 2/3 less energy to run a compact fluorescent than an incandescent bulb.
- How long does a compact fluorescent bulb last compared to an incandescent bulb?
Answer: A compact fluorescent bulb lasts 10 times as long
- How many pounds of carbon dioxide are prevented by switching from an incandescent bulb to a compact fluorescent?
Answer: A compact fluorescent prevents approximately 450 lbs. of CO₂, a major greenhouse gas, from being Emitted to the atmosphere.
- How much on average will you save (\$\$) for one compact fluorescent over an incandescent bulb?
Answer: \$30. This will depend on the difference between the original wattage and the new wattage.
- How much water does it take (in gallons) to produce a typical lunch--hamburger, french fries, and a soft drink?
Answer: It uses 1500 gallons of water. This includes the water needed to raise the potatoes, the grain for the bun and the grain needed to feed the cattle, and the production of the soda.
- True or false: It takes more energy to power up a PC than leaving it on all the time?
Answer: False. There is an initial spike as the system turns on, but it is not large enough to warrant leaving the system on. It is best to turn the system off, and if possible, shut off a power strip to your computer and other equipment, because even when not turned on computers still draw power.
- The amount of sunlight that falls on the earth's surface in one hour is enough to meet the energy demand of the entire earth for how long?
Answer: Enough sunlight falls on the earth's surface every hour to meet world energy demand for an entire year.
- How long will energy saved from one recycled aluminum can operate a TV set?
Answer: 3 hours, and is the equivalent to half a can of gasoline.

Colorado Greening of State Government

Goals for state agencies by June 30, 2012:

- 20% reduction in energy use
- 20% reduction in paper use
- 10 % reduction in water consumption
- 25% volumetric reduction in state vehicle petroleum consumption

