

Resource Conservation Information for Students and Staff

Ten Things You Can Do To Reduce UO's Environmental Impact

1 Report Wasted Energy and Water

Call Facilities Services at 346-2293 to report any drips and lights left on.



2 Reduce Paper Use

Do not print out large quantities of web pages, report drafts, or class notes. Reuse bags, envelopes, and scrap paper. Make double sided copies, use route slips, and electronic communication when possible.

3 Turn Off Lights When Not In Use

Buy fluorescent desk lamps and replacement bulbs instead of incandescent or halogen ones.



4 Turn Off Monitor When Not In Office



Buy energy efficient computer equipment with the Energy Star label (available at <http://www.energystar.gov>). Turn off computer when not in use.

5 Buy Products Containing Recycled Material

So we can recycle the products we buy!



6 Bike, Walk, Carpool, Or Take The Bus

Remember, LTD is FREE to the UO Community. Just show your UO I.D.



7 Conserve Water

Take short showers and turn off water while brushing your teeth or shaving.

8 Close Windows To Conserve Heat In The Winter

Dress appropriately for winter. Wear sweaters for additional warmth.



9 Avoid Disposable Products



Use a refillable mug (available at Campus Recycling). Reuse shopping bags (or purchase a canvas one). Choose products with reduced and recyclable packaging.

10 Recycle Your Used Materials

Paper, cardboard, and beverage containers can be recycled in designated sites around the UO campus.

Thank you for conserving resources and recycling at the University of Oregon!

For More Information:

Contact Campus Recycling at 346-1529

Or visit us at <http://darkwing.uoregon.edu/~recycle>

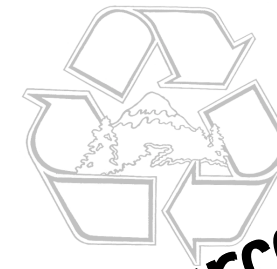
Home Energy Use

Appliance	Avg Wattage	Monthly kWh
Air Conditioner, room	1000 (varies)	1 kWh * hours of use
Air Conditioner, central	2500-3500 (varies)	2.5-3.5 kWh * hours of use
Attic Fan	370	111
Automatic Blanket	200	15
Car Engine Heater	1000	1 kWh * hours of use
Ceiling Fan	varies	1-13
Clock	4	3
Clothes Dryer	4350	5 kWh * hours of use
Coffee Maker	850	8
Computer	360	22
Dehumidifier	300	200
Dishwasher	1190	30-48
Electronic Filter	50	36
Freezer, standard (12-14 ft ³)	350	100-190
Freezer, frost-free (12-15 ft ³)	440	150-240
Food Mixer or Blender	110	1
Frying Pan	1200	15
Furnace, oil (cold months)	600	75
Garbage Disposal	400	2
Heater, portable	1500	1.5 kWh * hours of use
Hair Dryer	1250	3
Humidifier	80	20
Iron, hand	1100	12
Lightning (varies widely)	1600-4000	75-150
Microwave	1450	16
Oscillating Fan	88	26
Radio	70	9
Radio-Stereo	110	13
Range	12000	100-150
Refrigerator, standard (12'-16')	265	100-120
Refrigerator, frost-free (16')	475	150-230
Refrigerator, frost-free (20')	540	225-275
Sewing Machine	75	1
Spa/Hot Tub	varies	190-300
Television (B&W, 4 hrs a day)	50-100	6-12
Television (Color, 4 hrs a day)	250	30-40
Toaster	1100	4
VCR	25	3
Vacuum Cleaner	700	3
Washing Machine, automatic	600	8
Water Heater, standard	2500 (varies)	400
Water Heater, quick recovery	4500 (varies)	500
Waterbed Heater, varies	300	100
Water Pump	750-1000 (varies)	40
Window Fan	200	60

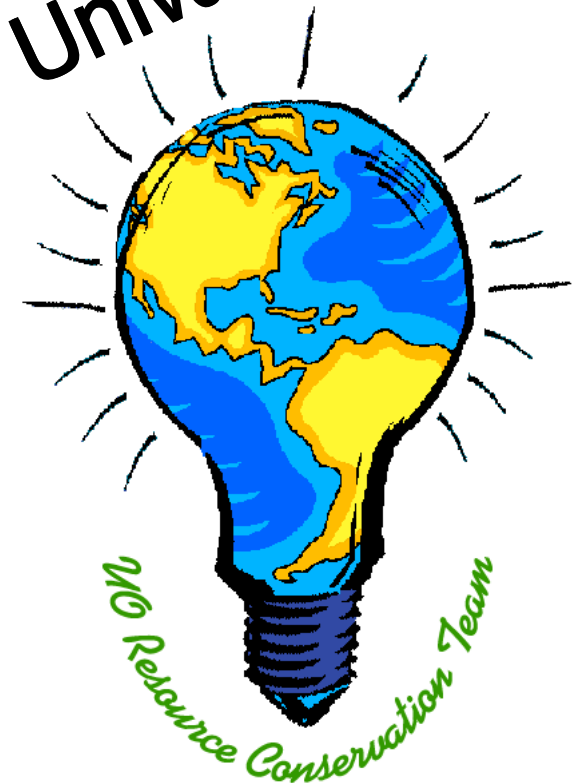
Source: <http://www.farmersplus.com/energyuse.htm>

Challenge Yourself To Reduce Your Use...

You Can Make A Difference!



Resource Conservation
at the
University of Oregon



2006 Resource Conservation Team

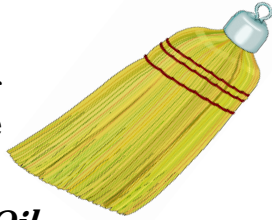
Use Wisely
Resources are Precious

Savings From Conservation



Saving Water

Sweeping sidewalks and driveways rather than washing them with a hose can save about 10 gallons of water per minute. ¹



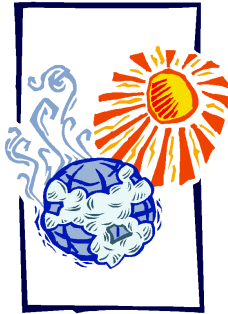
Conserving Oil

U.S. commuters would need to bicycle to work once or twice a week to eliminate the need for Middle East oil. 11% of the oil consumed in the U.S. comes from the Middle East. ²



Saving the Ozone Layer

Every kilowatt-hour saved through conservation prevents two pounds of carbon dioxide (CO₂) from reaching the atmosphere. Atmospheric carbon dioxide contributes to ozone depletion. ¹



Saving Resources

100 bicycles can be produced for the energy and resources it takes to build one medium-size automobile. Commute by bike! ²



Conserving Water

An open conventional faucet lets about 5 gallons of water flow every 2 minutes. Conventional toilets use 3.5 to 5 gallons of water per flush. Install aerators or low-flush toilets to conserve water! ¹



Saving Trees

If everyone at the University of Oregon reused a refillable mug once a day, we'd save: 20,000 disposable cups a day, 140,000 a week, and 7.2 million disposable cups a year. ³



*** Use Transportation Wisely... Every Mile Counts ***

Energy Conservation Facts

You Can Reduce Your Use!

Paper Cups
The EMU alone uses approx. 5200 paper cups per week!! In landfills, paper in wet conditions degrades to produce a significant amount of methane, a greenhouse gas. Please think before you use a paper cup... every action helps! Refillable mugs save energy! ⁴

Electricity
A typical computer uses 30 kWh of electricity per year, on average... The EMU and Knight Library uses over 6000 kWh per year to run all 200 computers in the labs. Please use electricity wisely! ⁴

Remember To...
Turn off your computer when you leave the room or when it is not in use. Shut off your printer when you are finished printing. If you will be gone for a short time, turn off your monitor. Reduce your energy use!

Did You Know?
TVs and VCRs alone cost Americans \$1 billion a year in electric bills while not in use because they "leak" energy. The energy used creates so much greenhouse gas, it's as if we put an extra 2 million cars on the road and asked them to drive in circles. Look for the Energy Star symbol! ⁵

*** Use Water Wisely... Every Drop Counts ***

*** Use Energy Wisely... Every Watt Counts ***

*** Use Resources Wisely... Every Action Counts ***

*** Use Computers Wisely... Every Byte Counts ***

*** Use Paper Wisely... Every Tree Counts... Recycle ***

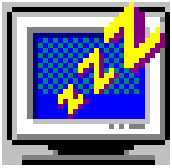
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Just Think About It !!!

*** Use Energy Wisely... Every Watt Counts ***

*** Use Computers Wisely... Every Byte Counts ***



As much as 150 gallons of water can be saved when washing a car by turning off the hose between rinses. Be conscious of your water usage. Use wisely! ¹



Recycling aluminum uses 95% less energy than producing aluminum products from raw materials. ⁶



Just by using phosphate-free laundry detergent, you alone can reduce water pollution. Phosphates are crucial nutrients for bacteria and algae growth. When these microorganisms die, their decay uses up the oxygen in the water, suffocating fish and other wildlife. Some phosphate-free brands include: Country Save, Planet, and Ecover. Just think about it! ⁴

According to the American Public Transit Association, commuting on mass transit in place of driving cuts hydrocarbon emissions that produce smog by 90%, carbon monoxide emissions by more than 75%, and nitrogen oxides emissions by up to 75%. Take the bus! Or better yet, ride your bike or walk to work! ⁷



Just by shutting off the water when you brush your teeth, you alone can save 8 gallons of water. ⁴



Sources	
1.	Lake, A & K. Kaplan. Resource Conservation Team, 1998.
2.	Bicycling Magazine. May 1991. p. 94.
3.	Campus Recycling Brochure, 2000.
4.	Gewecke, C. Resource & Energy Use at the UO, 1999.
5.	Econews. Home Electricity Use. email. August 2000.
6.	Earth Day Resources. Recycling Fact Sheet, 1990.
7.	Earth Day Resources. Automobile Fact Sheet, 1990.