

Lea Kyle, Matthew Taboni and Andy Whitehead, posting on @ubgreenteam on instagram from the University at Buffalo. Our Project Green Challenge username is bwhitehe.

All of the parts of my day that used energy:

Time	Activity
6:00a	Hydroponic farm turns on
7:15a	Turned on lights for bathroom
7:18a	Turned on lights in Kitchen
7:25a	Turned on fish tank light
8:40a	Plugged in laptop
9:15a	Drive to Class
9:26a	Plugged in laptop
12:00p	Drove to lunch
12:15p	Purchased lunch on register
12:35p	Plugged in laptop
12:45p	Drove Home
1:30p	Plugged in laptop
3:00p	Drove back to campus
3:20p	Turned on office lights
3:30p	Microwaved lunch
3:45p	Turned on office lights
3:50p	Ran dishwasher
5:00p	Drove to grocery store
5:30p	Used register
5:40p	Drove back to campus
5:55p	Logged onto classroom computer
5:55p	Turned on classroom lights
7:10p	Drove across campus
7:30p	Sat through play
9:45p	Drove home

10:00p	Turned on lights
10:05p	Preheated oven
10:10p	Turned on TV

The energy from different parts of my day comes from different areas. At my home, I am fortunate enough to have solar that powers the entire house, so all of that energy comes from our solar panels on the roof of the home and the garage. At the university, UB currently generates more than 400,000 kWh of solar energy onsite from the Solar Strand and Norton Hall, and expects more solar panels soon from our REV initiatives. The rest of our energy is coming from local power plants running on coal with small amounts of power coming from the Niagara Power Plant. I would assume that the community organizations I visited today or interacted with also draw their power from the local power plants as I do not think they have invested in solar yet for their stores.

Tracking my energy usage for the entire day was a really opening experience for me. I didn't realize how much was actually used until I really began tracking. I think one of the most disheartening aspects was not how much I used, but how much I had no control over or limited control over. For example, at my University the lights are on constantly throughout the day and are controlled centrally. This leads to the lights being on 24/7 or are motion sensed, but still use much more energy than they need to. Also, some things just require energy, such as the fish tank. Because it has a filter, it would be challenging to reduce its energy consumption without hurting the animals environment.

I think my relationship with energy can be adjusted slightly, but throughout my learning experience today, I also realize that it is challenging to remove a lot of the energy. As a full time student I am constantly plugging in my laptop to have enough charge for my virtual textbooks and for my classes and assignments. This makes it really hard to disconnect, because if I disconnect, I am removing myself from my work and classes. It is also challenging to reduce the amount of energy usage outside of my home, because many of the areas are centrally located and the power is controlled individually. I do try to make an impact as best as I can and turn off lights whenever I find a switch.

I can help others reduce their energy usage by making them aware of the many things we do on a daily basis that uses energy. For me, this challenge opened my eyes to all of the items I have plugged into my apartment and all of the places that have 24/7 running lights on campus. It will take a lot of collaboration and commitment for people to really begin making impacts on our energy consumption. Turning over the leaf from fossil fuels or coal based energy is one part, but reducing our energy consumption is as, if not more important.





REDUCING ENERGY

A guide to energy reduction in your apartment

A person uses a daily average of:

12 KILOWATT-HOURS (KWH)

Why:

Why should we reduce energy?

Saving energy:

- reduces air pollution
- reduces water pollution
- conserves natural resources
- creates a healthier living environment for people everywhere
- saves money
- creates jobs



WAYS TO REDUCE ENERGY SHORT TERM

NATURAL LIGHT

During the day, take full advantage of the natural light and keep the lights off when working or relaxing.

BIKE OR WALK

Reduce the amount of energy your car uses (either gas or electric) and bike and walk short distances or car pool with others when you can.

VAMPIRE LOADS

Look for electronics that you don't use or aren't using but are plugged in. Consider if you can unplug those throughout the day when they are off!

REDUCE LOADS

When doing laundry or cleaning the dishes, make sure to fill your loads or hand/hang dry to reduce energy!

WAYS TO REDUCE ENERGY LONG TERM

THINK SMALL

The size of your home will have an impact on your average home power usage. Smaller homes use less energy to heat and cool the homes.

APPLIANCES

The type of appliances you own can also affect how many kilowatts it takes to power your house. Purchasing energy efficient appliances reduces output.

LED LIGHTS

Switch over your lights to LED, which are more energy efficient because they emit light in a specific direction, reducing the need for reflectors and diffusers that can trap light.

INSULATION

Make sure to air seal your home and double check insulation. Sealing cracks, gaps and leaks and adding insulation can save up to 10% on home heating and cooling costs.



REDUCE YOUR
ENERGY TODAY