



AN ALLIANCE
TO SAVE
ENERGY
PROGRAM

THE GREEN INSIDER

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REAL FOOD CHALLENGE – GREENING YOUR DIET

BY JOMEL BAUTISTA

To stay healthy many individuals watch what they eat on a daily basis. In many cases we try to avoid foods that are unhealthy for us and strive to eat a fair balance of proteins, fibers, and other essential health considerations.

But when is the last time you looked at your diet from a sustainability point of view? That is the goal behind the Real Food Challenge. The challenge is **a movement that is currently empowering students across the country to unite for just and sustainable foods.** Their vision goes as follows:

“The Real Food Challenge leverages the power of youth and universities to create a healthy, fair and green food system. Our primary campaign is to shift \$1 billion of existing university food budgets away from industrial farms and junk food and towards local/community-based, fair, ecologically sound and humane food sources—what we call “real food”—by 2020. The Real Food Challenge also maintains a national network of student food activists—providing opportunities for networking, learning, and leadership development for thousands of emerging leaders.”

The campaign is currently vocalizing their cause through a number of programs. One of the programs is “Real Food Road Trips” where training experiences come to you as regional advocates visit different schools. “Leadership Trainings” allows leaders to learn about, reflect on, harvest, and cook real food in preparation for the coming academic year. At “Real Food Summits”, youth activists all the way to union leaders and to farmers and producers collaborate to spread the message.

Students are urged to reconsider what foods they eat on a daily basis. Consider ***where the food comes from, the workers who brought the food to the market, natural resources that are used*** to produce the food, ***your own safety and health***, animal welfare, and many others.

For more information on this campaign, please visit the Real Food Challenge website at- <http://www.realfoodchallenge.org/>



SUSTAINABILITY AND JOBS

types of clean energy....US job estimates....relation to industry

biofuels.....	383,260.....	direct, indirect & induced
.....hydropower.....	200,000-300,000.....	direct
.....solar.....	119,016.....	direct-spend at least 50% working on solar
wind.....	80,000.....	direct & indirect
.....biodiesel.....	64,044.....	direct, indirect & induced
.....geothermal.....	25,000.....	direct, indirect & induced
fuel cells.....	10,845.....	direct & i
ndirect		
.....waste-to-energy.....	7,000.....	unknown
.....wave & ocean power.....	371.....	direct

BY RYAN GOFF

It seems that even though the job market for most careers look bleak at best in today's market, sustainable jobs or jobs with elements of sustainability in them continue to grow and prosper. Green jobs even experienced growth during the recession of 2008 and continue to grow, reaching a number of about 3 million. According to Debra Rowe in a 2013 article hosted by the National Career Development Association the green job market is being fueled by increased interest at the education level, saying that there are "over 1800 interdisciplinary environmental and sustainability programs now exist in higher education." With this level of interest, sustainable jobs will prove to be a rewarding career that will give one the flexibility to stay employed and competitive in today's market.

Part of what makes sustainable jobs so unique is how it can be a specific job or be merely an element in another field such as business or manufacturing. This is, in part, why sustainable jobs have such a high growth rate and are thrust in to the spotlight currently. If trends are extrapolated into the future, the field of sustainability will have a bright and prosperous future helping to save the earth a little at a time.

<https://joinmosaic.com/blog/clean-energy-sector-shows-substantial-job-growth/>

Rowe, Debra. "Green and Sustainability Jobs and Career Resources." National Career Development Association. National Career Development Association, 01 Jan. 2014. Web. 27 Apr. 2014. <http://www.ncda.org/aws/NCDA/pt/sd/news_article/83053/_PARENT/layout_details_cc/false?sthash.YUzmmj0f.mjjo>

BY BRANDON SAUER

This month's PowerSave Campus Recycled

Article comes to us from Kristian Alvarado from the PowerSave Campus team at UC Santa Cruz. Her article, entitled "LED's Responsible for our Food?", sheds some light (pun intended) on the future of growing food indoors with the use of highly versatile LED lamps. While the LED uses significantly less electricity than heat lamps and even fluorescent bulbs, one still must weight the sustainability of growing food using artificial light rather than that which is naturally provided to us by the sun.

LED's Responsible for our Food?

LED lights are not only used for outdoor lighting or lighting areas for visibility. Some LED's are specifically manufactured for growing food! Who knew? The tomato in your fridge could have been grown without sun and only LED lights. LED lights have an advantage even over the sun in helping plants grow. Since LED lights are totally customizable (light strength, color, time left on, etc.) horticulturists can optimize the light for the best growth setting for the plant. Currently most horticulturists are utilizing high-pressure sodium light that give off an orange color. That is not the optimum color that plants flourish in; the optimum light color for plants is red (660 nm) which LED lights can be turned to. There are already companies that have started to jump on the use for LED use in horticulture such as Phillips. They have created LED lights that provide the right light spectrum at each growth phase, provide the correct intensity, reduce the need for cooling, lower the energy cost, as well as increasing the lifetime of the bulb. There is a high demand for this type of lighting across the world; locations without prime lighting would benefit from the use of these lights. There is already a giant market starting at \$4.8 billion (for North America) for the LED horticulture sector. The payoff from these lights is usually less than three years now so the price of LEDs shouldn't be deterring farmers for much longer! Hopefully there will be more LED lights used in greenhouse growing across the world so we can be on our way to a brighter future!

- Kristian Alvarado, PowerSave Campus Project Coordinator, UC Santa Cruz



EVERY DAY IS EARTH DAY

BY ARPY KASPARIAN

Forty-four years ago, on April 22, 1970, our country celebrated the first Earth Day. It's hard to believe, but just a few decades ago, environmental concern was nonexistent. Factories were allowed to spew dangerous toxins into the air, plastic water bottles were the newest best inventions ever, and pollution was normal. It wasn't until the publication of Rachel Carson's "Silent Spring" in 1962 that people started to pay more attention. Though the book focused on the effects of pesticides and the chemical industry, it raised public awareness and ignited the modern environmental movement.

In 1970, Senator Gaylord Nelson created Earth Day as a way to get environmental issues on the national agenda. Later that year, Congress established the U.S. Environmental Protection Agency (EPA) in response to the growing public demand for cleaner land, air, and water. Thanks to these efforts, there are now regulations in place that hold industries responsible for their actions.

Today, many people around the world celebrate Earth Day. The PowerSave Campus Team helped spread the word on energy and water conservation at the McCoy Equestrian Center's Earth Day Event and gave their fellow Broncos tips on saving energy and water during Cal Poly Pomona's Earth Week. Though we all recognize April 22 as Earth Day, it's impossible to celebrate everything the Earth has to offer in just one day. It's important to keep the environment in mind every day of the year whether you're turning the faucet off while you brush your teeth, turning off the extra lights or grocery shopping with your own bag.

Remember, every day is Earth Day!



Rachel Carson's "Silent Spring" ignited an environmental revolution.



Former EPA Administrator William K. Reilly with Earth Day founder Senator Gaylord Nelson on Earth Day 1970

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