

Go Green: Do Your Share for Cleaner Air!

Easy tips to help you do your share for cleaner air

The steps we take to live greener play an important role in reducing emissions and improving air quality and lung health in the region. From the way we commute to the type of light bulbs we use and the things we choose to reuse and recycle, there are endless ways to go green, and they all go a long way towards helping our region breathe easier.

Transportation:

- Carpool, vanpool or ride the bus or MetroLink whenever possible.
- Walk or bike for short trips.
- Plan your route to avoid idling in traffic tie-ups.
- Avoid idling in drive-thrus.
- Combine errands into one trip, rather than making multiple short trips, which release more pollution into our air.
- Take advantage of flex-time and telecommuting options at your worksite.

Energy Use:

- Adjust the thermostat and turn off appliances and lights not in use.
- Replace incandescent light bulbs with energy-efficient ones.
- Lower your air conditioning bills by planting shade trees, shrubs and grasses around your home.
- Pull down window shades to minimize heat or cold transfer.
- Upgrade insulation to a higher R-value and seal ducts, caulk and apply weather stripping.
- Replace old, inefficient appliances with Energy Star-qualified appliances.
- Utilize the energy-saving mode on office equipment.
- Activate the power management features on computers, unplug power cords when not in use and/or use a power strip that can be turned off.

Reduce/Reuse/Recycle:

- Repurpose items rather than discarding them.
- Recycle copy paper, newspapers and drink containers, ink cartridges, batteries and old electronic equipment.
- Utilize reusable lunch or shopping bags, coffee cups and dinnerware and water bottles, rather than disposing of Styrofoam or paper and plastic cups, plates, flatware, bottles and bags.

ST. LOUIS REGIONAL
CLEAN AIR
PARTNERSHIP

