

Easy Tips for Reducing Pollution

The topic and content for this publication was formed entirely by the 2016/2017 Green Focus youth participants.

Our message: Taking steps to reduce overall pollution can seem like an overwhelming task which can leave you wondering if you can actually make an impact, but there are easy ways to do your part. Reducing indoor and outdoor sources of pollution have been proven to reduce certain health risks like asthma, heart disease, stroke and viruses communicable through contaminated water. Reducing pollution also helps support delicate ecosystems and helps keep essential elements like water and air clean for future generations.

We encourage you to use the following tips. Everyday actions make a difference when it comes to supporting a sustainable environment!

- Constantly reach out to elected representatives to change laws and policies
- Be the voice of reason. “Dude, pick up your trash!”
- Compost left over food scraps
- Repurpose items
- Unplug things that are not being used to reduce phantom loads
- Purchase multi-plug adapters that are energy efficient
- Cut down on meat consumption. Methane gas from meat production is one of CA’s largest contributors to air pollution.
- Pack your own lunch. When you know where your food is coming from, it’s easier to make conscious choices about buying local and less take-out means less food packaging waste.
- Limit use of cars: walk or bike
- Buy local and organic products
- Reduce water usage by taking shorter showers, turn off water when brushing teeth, or convert your faucets and toilets to low-flow

*****Share this tip sheet with as many people as possible! Thank you!***