

You can make the difference. Get started today!

Sample messages to promote pollution prevention in September.

Subject: September 20 – 26 is Pollution Prevention Week

The third week in September is National Pollution Prevention Week, an opportunity to advocate simple pollution prevention practices to businesses and residents throughout Spokane County. By regularly following pollution prevention tips at work, home and school, you can save money and protect the environment. Through our CTR program, we are promoting and encouraging employees to use a commute alternative. By using a commute alternative you'll be helping towards Pollution Prevention Week efforts. Plus you can win a \$25 or \$150 Safeway gift card by participating and filling out your commute calendar. Besides using commute alternatives, there are many ways you can help out. Additional pollution prevention tips will be sent out throughout the month. Pick the ones that work for you. You can make a difference!

Subject: Simple Pollution Prevention Tips

Here are some simple Pollution Prevention tips that can help make a difference:

- Travel Green –bike, bus, walk, share a ride, don't idle, combine errands – by using a commute alternative to work and filling out your commute calendar, you'll be eligible for prizes. Check out MyCommute.org.
- Lug your Mug - Use reusable mugs
- It's a "Turn-Off" - Turn off your computer, monitor, lights ...
- Do the Double Take – Make double sided copies
- Practice Safe "Take Out" - Just say "no" to extra condiments, napkins, and bags
- Carry the Canvas - Use reusable shopping bags

Subject: Pollution Prevention at Work

Transportation consumes about 25 percent of the total energy used in the United States. Driving releases harmful chemicals and other air pollutants into the air. When, where, how, why and what you drive all play an important role in affecting air pollution. Here are some suggestions on how to be more environmentally friendly when you need to get somewhere.

- Drive less, especially during peak traffic periods or hot days.
- Use public transportation, walk, or ride a bike.
- Shop by phone, mail or Internet.
- Telecommute. Even one day a week will make a big difference.
- Combine your errands into one trip.
- Carpool. Sharing rides reduces emissions.
- Avoid revving or idling engine over 30 seconds.
- Avoid waiting in long drive-thru lines, i.e., at fast-food restaurants or banks. Park your car and go in.
- Accelerate gradually, maintain speed limit and use cruise control on the highway.
- Use an energy-conserving (E.C.) grade of motor oil.
- Minimize use of air conditioning if you can.
- Get regular engine tune ups and car maintenance checks (especially for the spark plugs).
- Ask before your car is serviced and consider going to a business who is environmentally friendly.
- Replace your car's air filter and oil regularly.
- Keep your tires properly inflated and aligned.
- Repair all vehicle leaks promptly.
- Fill gas tank during cooler evening hours to cut down on evaporation. Avoid spilling gas and don't "top off" the tank. Replace gas tank cap tightly.
- Don't ignore the "check engine" or "service engine soon" light if it comes on. Make an appointment with your repair technician for diagnosis soon.

And don't forget, by using a commute alternative to work and filling out your commute calendar, you'll be eligible for Safeway Gift Cards. Go to MyCommute.org for more details.