

Personal Action to Reduce Air Pollution

Consider committing to one or two modest changes that will contribute to cleaner air. A variety of suggestions are provided below. Because tailpipe and smokestack emissions are the largest sources of pollution affected by personal action, most of these suggestions relate to transportation and energy use.

Make a commitment to try at least one of these:

- Change a light bulb. Compact fluorescent lights (CFLs) fill our rooms with equal light while using about 75 percent LESS electricity than incandescent bulbs. Using CFLs is an inexpensive and effective way to easily cut your energy usage and save money. www.gipl.org/CFLs.html



- Reduce your energy consumption in other ways. Purchase Energy Star appliances. Put your computer to sleep or turn it off when not in use. Turn your thermostat one degree higher during summer months and one degree cooler in winter.



- Use public transit, walk, ride a bicycle or carpool. Take control over your commute and save time and money. Use public transit, a carpool or vanpool or another transportation alternative to avoid metro traffic and reduce tailpipe emissions at the same time. www.cleanaircampaign.org/your_commute

- Purchase locally grown food when possible. On average, the food in a typical American meal travels 1,500 miles to get to your plate! Buying local produce and meat and dairy products when available reduces the diesel pollution associated with long-distance trucking and shipping. Check the Georgia Organics web site to find a market near you. www.georgiaorganics.org



- Learn more about the sources of air pollution in Georgia and *become an advocate for clean air!* Join the Mothers & Others for Clean Air network to get connected to clean air advocacy opportunities. www.mocleanair.org/pledge.html.



**Mothers
& Others**
FOR CLEAN AIR

Rebecca Watts Hull
Mothers & Others for Clean Air
404.313.1779 rebecca@mocleanair.org
www.mothersandothersforcleanair.org