

September 19-25 is National Pollution Prevention Week

Pollution Prevention (P2) Week started in California in 1992, and became a nationwide effort in 1995. In 2000, President Clinton signed a letter of support for the National P2 Week, encouraging the support and promotion of P2 and sustainability activities.

Following are some ways that you can help reduce waste and support National Pollution Prevention Week. Although the activities are divided under the headings of "work," "home," and "school," many are widely applicable.

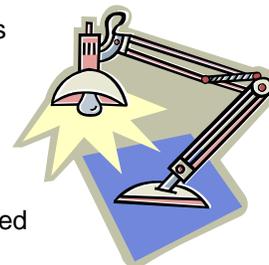
At Work:

- Carpool, bicycle, walk, or take mass transportation to work.
- Use reusable lunch containers instead of paper and plastic bags.
- Print and copy on both sides of the paper to reduce paper use.
- Recycle paper/newspapers, glass, plastic and other materials such as toner cartridges and printer materials.
- Use reusable cups for coffee and other beverages.
- Share the benefits of a recycling program with management.
- Look into the installation of energy saving lights.
- Purchase products with minimal packaging and seek opportunities to buy recycled content, biobased, and other environmentally-preferable products and services.



At Home:

- Turn down the heat or air conditioning at night. Turn off lights, appliances, and electronic equipment such as computers and computer monitors when not in use.
- Replace incandescent light bulbs with energy efficient fluorescent ones; install sensors where appropriate.
- Increase the amount of insulation in your home to reduce heat loss.
- Do not mow your lawn or fill your gas tank on Ozone Action Days.
- Minimize water use by purchasing efficient toilets, faucets, and shower heads.
- Purchase rechargeable batteries, reducing the amount of trash going into landfills.
- Buy less toxic cleaning supplies or make your own. Baking soda and water can be used as ammonia-based all-purpose cleaners.
- Use little or no fertilizer or pesticides, especially near lakes and streams.
- Recycle plastics, glass, aluminum, styrofoam, newspaper, used motor oil, transmission fluid, and brake fluid.
- Join a Food Co-op or buy locally.
- Reuse grocery bags by taking them with you to the store.



At School:

- Pack kids lunches in reusable containers instead of disposable brown and plastic bags.
- Reduce materials and recycle what is used.
- Perform a waste audit in the school.
- Maintain heaters, air conditioners, refrigerators, and other energy using equipment to reduce energy usage.
- Install energy efficient lighting in the school.
- Print copies on both sides of each sheet of paper.
- Use washable dishes in the cafeteria.
- Use non-mercury-containing thermometers.
- Start an Eco-Club or form a P2 Team consisting of students, teachers, and school administrators to implement P2 actions for the year.



Spread the word about Pollution Prevention throughout your facility, community, or school!

(Source National Pollution Prevention Roundtable, <http://www.p2.org/p2week/about.cfm>)

www.va.gov/oamm/recycle

