

It may not seem like one person can make much of a difference but combined with thousands of people pledging to reduce emissions in Cache Valley, the results can be overwhelming. For instance, if everyone parks their car just one day a week, about **375,000 pounds of pollution** will be kept out of the air!

**For more information on air quality, visit these informative Utah resources:**

[www.cleanair.utah.gov](http://www.cleanair.utah.gov)  
[www.airquality.utah.gov](http://www.airquality.utah.gov)  
[www.brhd.org/air.html](http://www.brhd.org/air.html)

**For Cache Valley and Logan transit schedules, go to:**

[www.loganutah.org/transit/](http://www.loganutah.org/transit/)

**This brochure is provided by:**

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## **Did you know?**

☼ The Department of Air Quality Toxicologist estimates that one in three Utahns experience some type of respiratory problem during high pollution periods. More than 47,000 children in Utah have asthma.

☼ High air pollution days are associated with increased number of emergency room visits, medication, and absenteeism for people with asthma.

☼ The best way to warm your vehicle in the winter is to drive it. According to the Utah Department of Energy, you need only 30 seconds of idling on winter days before driving away. Older cars should only warm for a couple of minutes.

And if you prefer to hear it from Click and Clack, the Tappet Brothers, idling "wastes gas, adds to the pollution, and doesn't do the engine any good. The engine warms up most efficiently while it's being driven, not while it's idling."

☼ A poorly tuned engine uses up to 15 percent more energy when idling than a well-tuned vehicle.



# Take the Clean Air Challenge!

Air pollution is a problem in Cache Valley, especially during the winter.

Vehicle emissions contribute greatly to the pollution problem. We can make a difference by the choices we make every day.

Consider the ideas in this brochure and see if your household can reduce the emissions you add to the Valley's atmosphere. Make a firm commitment to the changes that will work for you. Then, keep the list in a place where you'll see it regularly so you will be reminded of your commitment.

**Thanks for working towards cleaner Cache Valley air and a healthier you!**



**I pledge to:**  
(check all that apply)

Leave my car parked \_\_\_ day(s)/week.

Reduce my (our)

household's weekly mileage (see chart).

Carpool to work/school \_\_\_

day(s)/week.

Ride the bus to work/school \_\_\_

day(s)/week.

Walk or ride my bike to work/school

\_\_\_ day(s)/week.

Telecommute for work \_\_\_

day(s)/week.

Boycott all drive-thrus during winter months.

Minimize my car's idling. Turn off the motor when stopped for more than 3 minutes, such as while waiting for kids at school or other activities.

Consolidate trips. Chart a course and do all errands at one time.

Use the most fuel efficient vehicle available to me.

Practice good car maintenance (i.e., get regular tune-ups, change air filter, inflate tires to proper level, be aware of "check engine" light).

When possible, arrange for meetings to be held by teleconference.

Share this plan with workplace, schools, and social groups.

# Reducing Household Mileage Formula and Chart



Complete the following chart for each vehicle in your household. Pick a day of the week to record your mileage.

**Use this chart and formula to record weekly mileage in the chart below. See if you can reduce your weekly household mileage during the winter.**

Mileage at end of week minus mileage at start of week equals the total mileage for week

## VEHICLE #1

Week #	Starting Mileage	Ending Mileage	Total Mileage	Reduction in Mileage
1				
2				
3				
4				
5				
6				
7				
8				

9				
10				
11				
12				
13				
14				



## VEHICLE #2

Week #	Starting Mileage	Ending Mileage	Total Mileage	Reduction in Mileage
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				