

PICK 5 FOR THE ENVIRONMENT

Use human powered modes of transportation to get from place to place! Walk, jog, skip, ride a bike instead

Pass on gas! Drive less, carpool, and plan your day to reduce trips and vehicle emissions

Make sure your home's air is healthy, learn about indoor air pollutants from indoor energy use and toxins, especially mold

With the right houseplants you can even improve indoor air quality

Buy locally, or grow or catch your own! Reduce air pollution caused by food and goods transport

Reduce your potential for exposure to mercury in the foods you eat, particularly Native foods

