

Want to know more information?

US EPA P2 website

<http://www.epa.gov/p2/pubs/citizens.htm>

California Pollution Prevention and Green Technology

<http://www.dtsc.ca.gov/pollutionprevention/>

Pollution Prevention Resource Exchange

<http://www.p2rx.org/>

Canada's Citizen Guide to Pollution Prevention (has tips and information that anyone can use)

<http://www.csu.edu/cerc/researchreports/documents/CitizensGuideToP2.pdf>



Any Questions or Concerns?

Contact the Tribal Environmental Office at 951.654.5544
Ext. 4129/4130



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Pollution Prevention



Stop waste before it starts with P2

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The Basics

Most of us have heard of the 3 Rs: reduce, reuse, recycle. Those 3 actions are in this order for a reason. Reducing what we use or the toxicity of products helps the environment the most. Reusing helps lower the need for new products which lowers pollution. Recycling limits the amount of new resources we use, but also uses energy and can create pollution itself. Use all 3 Rs when you can, but if you are focusing on helping the environment in the easiest and most effective way, prevent pollution and reduce first.



The idea of pollution prevention is to reduce the amount of material that is produced, so there is less of it to recycle, throw away, or clean up. This includes wastes such as packaging and disposable items along with toxic chemical wastes. The EPA defines pollution prevention as “reducing or eliminating waste at the source by modifying production processes, promoting the use of non-toxic or less-toxic substances, implementing conservation techniques, and reusing materials rather than putting them into the waste stream.”

The bottom line is the less stuff you use, the less waste there will be. There are several easy steps you can take every day to prevent pollution.

P2 Tips

When Shopping:

- Buy food in bulk and buy products with minimal, reusable or recyclable packaging instead of those in non-recyclable packaging.
- Buy Energy Star products. They use as much as 60% less energy than other electronics.
- Reduce waste with reusable shopping bags.



Outside:

- Small engines used for landscaping contribute significantly more air pollution per hour of operation than cars. Use hand tools when possible.
- Outsmart and prevent pests by removing sources of food, water, and shelter before deciding to use a pesticide.
- Crowd out weeds the natural way- Keep your grass long. Slightly longer grass, around 2½ to 3½ inches, is healthier and drought-resistant with fewer pests and weeds, which have a hard time taking root.
- Many plants and insects can serve as nontoxic, natural deterrents to weeds and garden pests. Introduce ladybugs to eat aphids, plant marigolds to ward off beetles, and look for quick-sprouting plants to block weed growth.



At Home:

- Install a water-efficient shower head (2.5 gallons or less per minute) to reduce water consumption and energy use.
- Get a programmable thermostat and set the temperature up in the summer and down in the winter.
- Turn your water heater down to 120 degrees Fahrenheit. You'll cut your water-heating costs by 6-10 percent.
- During the day, open blinds to bring in natural light instead of turning on lights.
- Leave your car at home two days a week (walk, bike, or take the bus or subway to work instead). You'll reduce carbon dioxide emissions.
- Eat a locally produced diet. Grow your own food or support local farmers, natural food stores and food co-ops. You'll save money, eat quality foods, create jobs, increase farmlands, and strengthen your community. You also reduce pollution generated by transportation and energy costs from shipping food.
- Buy domestically-produced, certified organic food. Organic farmers don't use toxic chemicals, or harmful pesticides or fertilizers.

