



Healthy Community Reference Card



It's Time To Take Action. YOU Can Make A World of Difference!

Make your community healthier now and for future generations.
Join with neighbors, friends, school boards and elected officials to make
small changes with big impacts.

▶ TO BUILD HEALTHIER SCHOOLS – Support:

- **HEALTHY FOODS** – in the cafeteria and vending machines
- **SAFE SPORTS FIELDS AND PLAYGROUNDS** – no pesticides, artificial turf, pressure-treated wood, or recycled shredded rubber.
- **SAFER CLEANING** – use safer, less toxic cleaning products.
- **REDUCED BUS POLLUTION** – limit school bus idling times. Replace old diesel school buses with hybrid, natural gas, biodiesel, or electric buses.
- **SMART SCHEDULING** – do all roof repairs/construction when school is not in session
- **SAFE SCIENCE LABS** – get professional inspection/removal of outdated lab chemicals.
- **SAFE PEST CONTROL** – use the least toxic methods of insect and rodent control.
- **MOLD CLEANUP** – monitor and fix leaks and moisture problems so mold won't grow.
- **SAFE DRINKING WATER** – no lead solder in water fountains; limit plastic bottle usage.
- **SAFE ART SUPPLIES** – use non-toxic rubber cement, spray adhesives, paint and markers.
- **SMOKE-FREE AREAS** – establish “no-smoking” zones around buildings and playing fields.

▶ TO BUILD A MORE WALKABLE COMMUNITY – Support:

- **BIKE PATHS**
- **PLAYING FIELDS**
- **NO-VEHICLE ZONES**
- **TRAFFIC CALMING TOOLS:** narrow lanes, roundabouts, medians, and speed bumps
- **WALKING PATHS/CLUBS**
- **SHADE TREES**
- **PEDESTRIAN TRAFFIC LIGHTS**
- **CONTINUOUS SIDEWALKS**
- **PUBLIC BENCHES**

► TO ELIMINATE POLLUTION AND ENERGY WASTE – Support:

- **BETTER PUBLIC TRANSPORTATION** – increase carpool locations, train and bus service.
- **INCREASING YOUR OWN USE** of public transportation and carpools for work and play.
- **POWERING DOWN** – reduce use of air conditioning, cosmetic and nighttime lighting.
- **EATING LOCALLY GROWN FOODS** – to minimize transportation energy waste.
- **RENEWABLE POWER INITIATIVES** such as wind and solar power.
- **PEOPLE POWER not GAS POWER** for play and yard maintenance – promote bikes, sailboats, kayaks, canoes, ice skates, walking, hiking, lawn rakes and push mowers.
- **ENERGY EFFICIENCY POLICIES** for homes, businesses and municipal buildings.
- **CLEANUP OF HAZARDOUS WASTE SITES** – research their locations and ensure clean-up.

► WORK WITH YOUR LOCAL GOVERNMENT – Support:

- **GREEN BUILDING STANDARDS** such as LEED or AIA for all new community projects.
- **ENERGY STAR STANDARDS** – for new home/office/business construction.
- **OPEN SPACES** – encourage public purchase of open spaces in your community.
- **GREEN PURCHASING** – promote purchasing of safe, environmentally responsible products, cleaning supplies and construction materials, for all municipal buildings.
- **INCREASED RECYCLING** in public community spaces and commercial districts.
- **PESTICIDE-FREE PUBLIC PROPERTIES** – parks, playgrounds and municipal buildings.
- **CLEAN VEHICLES** – use hybrids, natural gas or biodiesel for vehicles/equipment.
- **SMOKE-FREE AREAS** – create “no-smoking” zones near businesses and public buildings.
- **COMMUNITY-SUPPORTED AGRICULTURE** – establish farmers markets for local growers.
- **BUILT COMMUNITY PLANNING** – minimize vehicle dependence through mixed-use zoning. Locate businesses and recreational areas within walking distance of homes.
- **NO CELL PHONE TOWERS** near schools, homes and community recreational areas.