

CLEAN COMMUNITIES:

A Metro East Green Guide



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Look for this icon throughout the booklet for our recommended cellular apps.

Air Quality & Your Health

Outdoor Air Quality

The human body is armed with natural defenses to help protect our lungs from germs and large particles like dust and pollen. Air pollution can harm lung tissue directly and bypass these important defenses making your eyes water and causing irritation of the nose, mouth and throat. It can also worsen lung diseases like asthma, bronchitis, and emphysema and is associated with heart disease and stroke.

Over the years, outdoor air quality in the United States has improved significantly, but “131.8 million people still live in areas that have unhealthy levels of outdoor air pollution (American Lung Association).” The St. Louis Metro East has long exceeded the federal limits for air pollution. In order to alert the public to air quality conditions in the region, the Environmental Protection Agency (EPA) developed the Air Quality Forecast.



We encourage you to sign-up for the daily air forecast through email or phone App at www.enviroflash.info.

To learn more about things you can do to reduce air pollution, visit the St. Louis Regional Clean Air Partnership at www.cleanair-stlouis.com.

What You Can Do To Help Reduce Ozone Pollution:

- Fuel after 7 p.m. or before 10 a.m.
- Avoid use of gas-powered lawn equipment during poor air days.
- Don't burn yard waste.
- Avoid use of fire pits on poor air quality days.
- During the summer months adjust your thermostat to warmer temperatures when not home.
- Use propane gas grills instead of charcoal and lighter fluid.

Indoor Air Quality

While outdoor air is certainly a concern in the region, a growing field of research is demonstrating that indoor air quality poses an even greater risk to human health, with indoor air pollutants often exceeding outdoor levels. The EPA estimates that most Americans spend 90 percent of their time indoors, and therefore indoor air has a disproportionate effect on health due to prolonged exposures to indoor pollutants. Throughout this booklet, you will find resources and tips on how to make your home more environmentally-friendly.

Quick Tips To Make Your Home More Environmentally-Friendly:

- Scrub mold with water and detergent. Make sure to get rid of the water source contributing to the mold.
- Vent bathrooms and clothes dryers to the outside, and run a bathroom and kitchen fan while cooking and bathing.
- Test your home for radon gas using inexpensive and easy to use test kits from your local hardware store.
- If radon levels are 4pCi/L or higher, it is recommended you contact a certified mitigation specialist. <http://www.radon.illinois.gov/>
- Do not idle your car or mower in the garage, even if the door is open.
- Install carbon monoxide alarms in your home, especially near sleeping areas.
- Use environmentally friendly household products and natural cleaners. Many home products can contain harmful air toxins.
- Choose products such as paints and adhesives that are labeled low vapors or low VOC.
- Clean up crumbs, spills and pet food to prevent pests in the home. Store food and pet food in tightly sealed containers.
- Try safer alternatives to pesticides. If you do use them, make sure to properly dispose of them and follow the product label carefully.

Environmentally Friendly Household Cleaner

IN A SPRAY BOTTLE MIX:

- 1/2 cup distilled white vinegar
- 1/2 cup water
- 12-24 drops of essential oil (like lavender or lemon)

APPS

Air Apps for Cellular Devices

AirStatus

A notification network for individuals who want air quality updates for their local community.

CG Search

A mobile app that enables users across the U.S. to compare the air quality index, air pollutant levels and energy consumption of various cities.

EPA AIRNow

Real-time air quality information that people can use to protect their health when planning their daily activities.

MyAirQuality

Air quality observations, forecasts, and health messages for the areas you select.

State of the Air

Provides insight into what your lungs collect anywhere in the United States.

Air Resources:

Conoco Phillips Community Line

618-255-3375

Conoco Phillips has established the Community Concern Line for residents in the Roxana, Wood River and Hartford area. Residents are encouraged to call this line if they have a concern about an odor, visual pollution, noise, etc.

East West Gateway Council of Government (EWG)

<http://www.ewgateway.org>

314-421-4220 or 618-274-2750

The EWG provides a forum for local governments of the bi-state area to work together to solve problems that cross jurisdictional boundaries. Their initiatives address a variety of regional issues such as transportation, environmental quality, public safety, workforce development, economic development and community planning. Their website provides a variety of informational resources in regional air quality and the air quality summer forecast at <http://www.ewgateway.org/environment/aq/aq.htm>

Environmental Protection Agency (EPA) Air & Radiation

<http://www.epa.gov/air/>

800-621-8431

EPA works to protect human health and the environment and is divided into regions. They provide a variety of outdoor and indoor air quality resources.

Air Quality Forecast: <http://www.epa.gov/air> and www.enviroflash.info

Mold Resources www.epa.gov/mold

Radon Resources www.epa.gov/radon

Lead Resources www.epa.gov/lead

Illinois Environmental Protection Agency (IEPA)

<http://www.epa.state.il.us/air/>

217-782-7027 (Springfield Office)

618-346-5120 (Metro East Office)

The Bureau of Air works to improve air quality by identifying air pollution problems, proposing appropriate regulations, conducting inspections and reviewing permit applications. It also operates a vehicle emissions testing program.

Illinois Emergency Management Agency (IEMA)

<http://www.state.il.us/iema/index.asp>

<http://tornado.iema.state.il.us/RADON31a/index.html>

618-394-2233 (Region 8)

IEMA's focus areas include natural, manmade or technological disasters, hazards, or acts of terrorism. IEMA tracks and informs citizens about the risks associated with radon and how to reduce radon levels in their homes. The Agency also licenses and regulates the individuals who provide radon measurement and mitigation to the public. Their website provides details about radon in Illinois along with an interactive county-specific map and lists of measurements.

Madison County Partnership for Community Health: AIR COMMITTEE

www.madisonchd.org/partnership-for-community-health.html

The Madison County Partnership for Community Health strives to improve the health of Madison County residents through collaborative efforts of organizations and individuals interested in creating, promoting, and maintaining healthy environments and lifestyles. The Air Quality Committee is the planning arm of the Annual Metro East Air and Health Forum and collaborates on various educational initiatives to highlight the impacts of air quality on health and showcasing key organizations in the region that are working to improve health, sustainability and quality of life.

Metro East Community Air Project (MECAP)

www.meairproject.org

618-344-4230

MECAP is a Metro East Illinois centered project working to increase local awareness to the health risks associated with poor air quality through education, outreach and research. MECAP provides a variety of information on both outdoor and indoor air quality while working with local agencies and organizations to develop collaborative efforts to promote regional sustainability and emission reduction behaviors. MECAP is part of Action Research Illinois, a community engagement unit within the College of Fine and Applied Arts at University of Illinois at Urbana-Champaign.

National Radon Program Services

<http://sosradon.org/>

Works to increase public awareness of radon threats and the need to test and fix homes.

Purchase radon test kits by phone. 1-800-SOS-RADON (767-7236)

Get live help for your radon questions. 1-800-55RADON (557-2366)

National Radon Fix-It Line: For general information on fixing or reducing the radon level in your home. (800) 644-6999

Clean Air Hotline

618-257-6265

Local air quality can change from day to day. To help the public better understand local health risks associated with poor air quality, the EPA has established the Air Quality Index. Metro East residents can call THE CLEAN AIR HOTLINE for daily reports on the air quality in the Metro area. The hotline is a collaborative effort between Memorial Hospital and the St. Clair County Health Department.

See or smell something out of the ordinary? Call:

- Local Illinois Environmental Protection Agency Office: 618-346-5120
- Report an oil or hazardous material emergency, Call IEMA: 800-782-7860
- National Response Center 800-424-8802

WANT TO STOP SMOKING? There are several resources available to help:

American Lung Association

www.lung.org

1-800-LUNG-USA (1-800-586-4872)

Resources: Free information from professional staff who can answer your lung health questions (lung cancer, asthma, allergies, COPD, quitting smoking, environmental health, pulmonary diseases).

Illinois Tobacco Quitline

www.quityes.org

1-866-QUIT-YES (1-866-784-8937)

Resources: Free quit kits, containing information to help in tobacco cessation, telephone support to answer tobacco related questions, guidance and personalized quit plans, nicotine replacement products (patch, gum and lozenge).

Madison County Health Department

www.madisonchd.org

Resources: Free Courage to Quit smoking cessation classes, presentations on tobacco and secondhand smoke topics, consultation on adopting smoke-free housing policies and healthcare provider consultations for cessation services.

St. Clair County Health Department

http://www.health.co.st-clair.il.us

618-233-7769

St. Clair County Health Department, in conjunction with Illinois Tobacco Quitline, is working to make lasting changes that reduce major risk factors for chronic disease, namely tobacco use. They have a certified smoking cessation specialist on staff to provide Freedom From Smoking Cessation classes, i.e. hospitals.

Clean Air Partnership

www.cleanair-stlouis.com

Susannah.Fuchs@lung.org

Since it debuted in 1995, the Clean Air Partnership has held steadfast to its mission: to increase awareness of regional air quality issues and to encourage activities to reduce air pollution emissions. Operating as a public-private partnership, 1,500+ area businesses, organizations, schools, hospitals and government agencies are currently working with the Clean Air Partnership to aid in this mission.

Do you have a smoking complaint?

Individuals can file a complaint by calling the Illinois Department of Public Health's toll-free complaint line at **866-973-4646** (TTY **800-547-0466**, hearing impaired use only) or on-line at <http://www.idph.state.il.us/smokefree/complaints.htm>

Leaf Burning & Your Health

Although leaf burning has become a regional tradition in the Midwest, it can be a major health concern in the community. Leaf burning activities have the potential to trigger sudden respiratory attacks and consequential emergency room visits for people of all ages. Leaf burning impacts respiratory health because the moisture trapped within the leaves generates large amounts of airborne particulates, such as dust, carbon monoxide, and benzo(a)pyrene. These airborne particulates will hang low to the ground, which increases exposure time. Pollution for leaf burning significantly reduces the amount of oxygen in the blood and lungs and can result in coughing, wheezing, chest pain, long-term respiratory problems, and potentially lung cancer.



Currently there are not any state laws prohibiting the practice of leaf burning in densely populated areas. Local governments can place restrictions or ban open burning in their municipality. To find out the policy in your community, you should contact your local government office.

The following Metro East Communities have banned leaf burning:

- Belleville
- Collinsville
- Edwardsville
- Granite City
- Mascoutah
- O'Fallon
- Washington Park
- Brooklynn
- East St. Louis
- Glen Carbon
- Highland
- New Baden
- Scott Air Force Base

Health



Asthma

Asthma is the #1 reason why children are hospitalized in the St. Louis Metro region, and allergies are the third most common chronic disease among children under the age of 18. Asthma is a chronic respiratory disease and continues to be a serious public health problem nationwide. The Centers for Disease Control and Prevention (CDC) estimates 25.7 million people have asthma, with 7.1 million being children. Asthma is a breathing problem that makes it more difficult for a person to breathe. When you have asthma, your breathing tubes are sensitive and may tighten and become inflamed and swollen due to a variety of triggers. Smoke, pollen, dust, allergies, and air pollution are all examples of asthma triggers, which vary from person to person.

Asthma Facts

- Asthma is one of the most common chronic diseases of childhood.
- It is the #1 reason children go to the emergency room nationwide.
- Approximately 14 percent of Illinoisans have asthma (Illinois Department of Public Health).
- Asthma prevalence is higher among minorities and persons with family income below the poverty level.
- Advances in medical treatment and improved methods of controlling environmental triggers allow those with asthma to live healthy and active lives.

DO YOU HAVE ALLERGIES?

To get daily pollen forecasts, visit www.pollen.com. You can get a 2-day allergy alert through email or phone app.

Health Resources:

American Heart Association

<http://newsroom.heart.org>
1-800-AHA-USA-1

The mission of the American Heart Association is to build healthier lives, free of cardiovascular diseases and stroke. They are the leaders in CPR training and also provide community education and outreach as well as advocates for changing the health of our communities.

American Lung Association

<http://www.lung.org/healthy-air/>
<http://www.stateoftheair.org>
314-645-5505 (St. Louis)
217-787-5864 (Illinois)

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through Education, Advocacy and Research. Their 'State of the Air' page allows all communities to view their cities rankings in air pollution and health risks in comparison to other cities.

Asthma and Allergy Foundation of America

<http://aafastl.org>
314-645-2422

The Asthma and Allergy Foundation of America, St. Louis Chapter (AAFA-STL), has been a leading resource for those with asthma and allergies in the St. Louis community for over 30 years. AAFA-STL's medical assistance program, Project Concern, provides uninsured and underinsured children with life-saving asthma and allergy medications, equipment, education, and support. Our educational programs and advocacy also reach families, schools, and nurses all over the Greater St. Louis area, including the Metro East!

County Health Ranking & Road Maps

<http://www.countyhealthrankings.org>
312-850-4744

The County Health Rankings & Roadmaps program believes America can become a nation where getting healthy, staying healthy, and making sure our children grow up healthy are top priorities. The website allows communities to look at their overall health ranking by county in every State in the United States. Each goes into detail and rates the overall health outcomes in that particular state.

Health Resources...

East Side Health District

<http://www.eshd.org>

618-271-8722

East Side Health District is devoted to improving the public health of Centeen Township, Centreville Township, East St. Louis Township and Stites Township. They provide several preventive health programs to help assist these communities.

Get Up & Go!

<http://getupgo.info/>

618-973-5263

Strives to transform the health of St. Clair County through a variety of health and awareness initiatives. They work to connect communities and provide opportunities for healthy living by promoting complete streets, community gardens and access to healthy foods.

Illinois Department of Agriculture

<http://www.agr.state.il.us>

217-785-4505

The Illinois Department of Agriculture is an advocate for Illinois' agricultural industry and provides the necessary regulatory functions to benefit consumers, agricultural industry and our natural resources. Their Where Fresh Is program assists consumers in locating local growers and markets. Find Local Produce <http://www.agr.state.il.us/whereshis/>

Illinois Department of Public Health (IDPH)

<http://www.idph.state.il.us>

217-782-4977

The Illinois Department of Public Health was created to promote health through the prevention and control of disease and injury. IDPH is broken up into six branches; health promotion, health protection, women's health, men's health, policy, planning and statistics and health care regulation. Their website is full of reliable resources for any health question or concern.

Madison County Health Department

<http://www.madisonchd.org>

618-692-8954

The mission of the Madison County Health Department is to promote, protect, and assure conditions for optimal health through leadership, partnership, prevention and response. Their website provides information on local initiatives to better service Madison County community members.

Southwestern Illinois Asthma Coalition

<http://www.illinoisasthma.org/southwestern-illinois>

618-650-3935

The Mission of the Southwestern Illinois Asthma Coalition is to improve the quality of life for people with asthma, whether they are in a home, school, or workplace environment. They seek to discover solutions to various problems associated with asthma for children, adults, and older adults who have asthma. Coalition members represent a variety of local health care agencies and community organizations. In addition, individual asthma champions work to ensure healthy environments in schools and communities.

St. Clair County Health Department

<http://www.health.co.st-clair.il.us>

618-233-7703

The mission of St. Clair County Health Department is to promote and protect the health of the residents of St. Clair County in partnership with the people we serve. The health department links people to personal health services and assures the provision of health care when otherwise unavailable. They also educate the community and provide community outreach programs. Many resources can be found on their site.

U.S. Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/Environmental/>

800-232-4636

CDC works to protect America from health, safety, and security threats, both foreign and in the United States. CDC fights disease and supports communities and citizens to do the same. Their website is filled with resources, environmental hazards, health effects, emergency services and environmental services.

U.S Department of Health and Human Services (HHS)

www.hhs.gov

312-353-5160 (Illinois)

816-426-2821 (Missouri)

The HHS is the United States Governments' leading agency for protecting the health of all Americans and providing essential human services. A few programs provided by them are Health care insurance, public health programs, education and training opportunities, and social service programs. More information about each is provided on their website.

We Choose Health

<http://www.saferoutesinfo.org>

<http://www.idph.state.il.us/wechoosehealth/>

217-782-4977

We Choose Health is a multi-year Illinois Department of Public Health initiative to encourage and support the implementation of proactive health programs that fall under three categories: Healthy Eating and Active Living; Smoke-free Living; and Healthy and Safe Built Environment.

Health Resources...

Radon and Your Health

DID YOU KNOW RADON LEVELS IN THE METRO EAST ARE KNOWN TO BE ELEVATED IN MANY HOMES? RADON IS THE SECOND LEADING CAUSE OF LUNG CANCER AND THE LEADING CAUSE FOR NON-SMOKERS.

Radon is an indoor air pollutant. Radon is a colorless, odorless radioactive gas that comes from naturally occurring uranium in the soil. It is the second-leading cause of lung cancer and the leading cause among non-smokers in the United States. Radon can enter the home through cracks and openings in the floors and walls that are in contact with the ground. The only way to know if Radon is in your home is to get it tested. It is suggested that you test your home every three years as levels can change. If levels are elevated, mitigating your home is relatively inexpensive. One can purchase inexpensive home test kits from your local hardware store.

Second Hand Smoke

What is secondhand smoke?

Also called environmental tobacco smoke (ETS), secondhand smoke (SHS), is the smoke you breathe if a person is smoking near you. ETS is the smoke that the smoker exhales, but also the smoke that comes off the lit end of the cigarette. Breathing SHS is essentially as if you are smoking.



Effects of secondhand smoke:

- Known cause of sudden infant death syndrome (SIDS)
- Causes lung problems in children, ear infections, severe asthma
- Heart disease and lung cancer
- Irritation of the eyes, nose, skin and throat
- Sinus cancer
- Increased risk of bladder, cervical and breast cancer
- Harmful to children's brains
- Lowers lung function and causes chronic coughing, phlegm and wheezing

Impacts on Society:

- Since 1964, there have been more than 20 million premature deaths attributable to smoking and secondhand smoke exposure.
- The yearly burden of tobacco related deaths is currently about 480,000, with millions more living with smoking-related diseases.
- Economic costs in the U.S. for 2009-2012 were between \$289-333 billion.
- In 2006, \$5.6 billion can be attributed to lost productivity due to exposure to SHS.



Health Apps for Cellular Devices

Glooko

Helps manage your diabetes. Upload your glucose readings directly from your meter and create a record of your numbers so the information is available at all times.

Pocket First Aid & CPR

Easy-to-use emergency guide that includes information on First Aid Basics, CPR, automated external defibrillators, medical, injury and environmental emergencies created by the American Heart Association.

Pollen.com's Allergy Alert

Provides five days of weather and allergy forecasts and allergy diary within your location.

Quit Pro: Your Smoking Cessation App

Helps monitor progress made, and understand when, why and where you smoke to help you quit smoking.

SkinDeep

Safety reference tool for personal-care products created by the Environmental Working Group (EWG). Includes safety ratings for a wide range of products and ingredients on the market.

General Resources:

MyEnvironment (Environmental Protection Agency)

<http://www.epa.gov/myenvironment/>

EPA's one stop shop, where one can get information that is locally and regionally relevant around a host of topics. This website includes maps, charts and data relevant to your local area. Just enter your zip code and learn about air, water, energy, health and land issues in your community!

National Institute of Environmental Health Science (NIEH)

<http://www.niehs.nih.gov>

919-541-3345

NIEH provides information on chemicals or factors in the environment that may cause negative health impacts. One can download or order brochures and factsheets on a variety of environmental health topics, conditions and diseases.

Energy Resources:

Ameren Illinois – Act on Energy

www.actonenergy.com

866-838-6918

This website provides energy efficiency tips, access to helpful programs, rebates and cost incentives. The goal of the site is to help customers become smarter, safer energy consumers.

Citizens Utility Board (CUB)

<http://citizensutilityboard.org/>

800-669-5556

Citizens Utility Board promotes the health, welfare and prosperity of all citizens of Illinois to ensure effective representation of utility consumers. CUB operates a consumer hotline to provide assistance to consumers who have complaints against the utilities.

Cool Cities Program

<http://illinoiscoolcities.org/>

The Cool Cities Program is collaboration between community members, organizations, businesses and local leaders to implement clean energy solutions that save money, create jobs and help curb climate change. Cool Cities is a national program with several local Metro East communities participating.

Department of Commerce and Economic Opportunity, Solar & Wind Rebate Program

<http://www.illinois.gov/dceo>

This program offers incentives for the public sector and others to utilize small-scale solar and wind energy systems in Illinois. Contact them to learn more about their Solar and Wind Energy Rebate Program.

DSIRE

<http://www.dsireusa.org>

217-785-3416

DSIRE is a database of state incentives for renewables and efficiency. Their website provides state by state coverage of comprehensive information on incentives and policies that support renewables and energy efficiency in the United States.

EPA Energy Star Program

<http://www.energystar.gov>

703-412-3086

Voluntary program that helps businesses and individuals save money and protect our climate through superior energy efficiency. Their website provides energy efficient products, energy savings, energy efficient new homes and energy strategies for buildings and plants.

Low Income Housing and Energy Assistance Program (LIHEAP)

618-692-6200 ext 6485 (Madison County)

618-257-9246 (St. Clair County)

The Low Income Home Energy Assistance Program is designed to assist eligible low-income households pay for winter energy services. LIHEAP will provide a one-time benefit to eligible households to be used for energy bills. The amount of the payment is determined by income, household size and fuel type. An overdue bill or cut-off notice is not required in order to receive assistance.

National Renewable Energy Lab (NREL)

<http://www.nrel.gov>

202-488-2200

The NREL develops renewable energy and energy efficiency technologies and practices, advances related science and engineering and transfers knowledge and innovations to address the nation's energy and environmental goals.

Energy Resources...

US Department of Energy

<http://www.energy.gov>

202-586-5000

This website provides access to public services, science and innovation and energy saver. Energy Saver is user friendly and provides several energy saving tips in all topic areas.

United States Green Building Council (USGBC)

<http://www.usgbc-mogateway.org>

1-800-795-1747

The USGBC is transforming the way we design, build, maintain and operate our buildings, homes and communities. USGBC is committed to a prosperous and sustainable future through cost-efficient and energy-saving green buildings. They work toward transformation through its LEED green building program, educational offerings, a nationwide network of chapters and affiliates and advocacy in support of public policy that encourages and enables green buildings and communities.

Weatherization

618-656-8380 (Madison County)

618-825-3276 (St. Clair County)

The Madison County and St. Clair County weatherization programs aid income-eligible homeowners and renters by installing energy saving measures. The weatherization of units conserves fuel, which reduces energy consumption and lowers utility bills. Weatherization seals a building so cold air cannot get in and warm air cannot escape during the winter.



Energy Apps for Cellular Devices

Joulebug

A social mobile game that rewards players for reducing energy.

Light Bulb Finder

Makes it easy to switch from incandescent to energy efficient light bulbs.

Meter Reading

Application to monitor your household utility meters by displaying your usage, costs and savings in easy to visualize graphs.

Natural Environment Resources:

Audubon Society

www.stlouisaudubon.org

314-599-7390

The St. Louis Audubon Society (SLAS) was established in 1916 as the St. Louis Bird Club. The society aims to conserve native plants, animals, and their habitats and understand the environmental interrelationships of man with these natural resources and abiotic resources like soil, air and water. SLAS maintains an active calendar of events including birding trips, meetings and special events.

HeartLands Conservancy

www.HeartLandsConservancy.org

(618) 566-4451

Heartlands Conservancy is a nonprofit organization that works in partnership with landowners and community leaders to permanently protect the lands in Southwestern Illinois (farms, forests, wetlands, wildlife habitat, open spaces and scenic vistas). They provide assistance in planning, GIS mapping and analysis, green ordinance development, grant development and management and public engagement on resource-based issues.

Henry White Research Center

<http://www.agr.state.il.us/Environment/LandWater/henrywhite.html>

217-782-6297

The Henry White Research Center serves as an outdoor laboratory for research into sustainable agriculture. There are several educational opportunities for guided tours, informational presentations, educational packets, observation trails and observations docks.

Illinois Department of Natural Resources

<http://www.dnr.illinois.gov/Pages/default.aspx>

217-782-6302

The Illinois Department of Natural Resources manages, conserves and protects Illinois' natural, recreational and cultural resources and further the public's understanding and appreciation of those resources. Their website holds information about natural resources, parks/recreation, hunting/trapping, fishing, safety and rules and outreach/education.

Nature Institute

<http://www.thenatureinstitute.org>

618-466-9930

The Nature Institute, located in Godfrey, IL, is a non-profit land conservation and environmental education organization. The preserve is open to the public for hiking every day from dawn until dusk. They also provide education to various target populations and have several events listed on their events page.

Sierra Club

<http://www.sierraclub.org>

<http://www.sierraclubppg.org>

618-462-6802 (Metro East Number)

The Sierra Club is one of the oldest conservation groups in the United States and has both local and state groups. Focus areas include air and water quality, land use and forest issues. They hold monthly educational meetings about environmental topics and offer local outdoor outings open to the public.

Treehouse Wildlife Center

<http://treehousewildlifecenter.com/#>

618-466-2990

The Treehouse Wildlife Center is a nonprofit education, rescue, rehabilitation and release center. They also promote environmental awareness through education and outreach with the surrounding communities. They provide group tours of their facility and educational field trips.

University of Illinois Extension

<http://web.extension.illinois.edu/mms/>

618-939-3434 (Main Office)

618-344-4230 (Collinsville)

Offers educational programs to all Illinois' counties. Programming is aimed at making life better, healthier and safer for individuals and communities. They offer educational programs in five broad areas: Health, Food Security & Safety, Environmental Stewardship, Sustainable & Profitable Food Production and Youth Development.

Watershed Nature Center

www.watershednaturecenter.com

618-692-7578

The Watershed Nature Center is a unique green space in the city of Edwardsville where people can relax and reconnect with nature. A one-mile trail loops around the perimeter of the park, providing an outstanding area to walk and enjoy nature year-round. Two observation towers entice visitors with their stunning overlooks and an outdoor amphitheater hosts an array of diverse program. Nature lovers of all ages are encouraged to take full advantage of the trails for exercise, bird watching, photography and more. The Nature Center provides valuable educational opportunities for people in our local community, including school groups, adults and families.

Willoughby Heritage Farm

<http://www.collinsvillerec.com/Farm.html>

618-346-7529

The Willoughby Heritage Farm is part of the Collinsville Area Recreation District. The farm is open to everyone to enjoy and provides educational programming, over three miles of hiking trails, live animals and native gardens. Visit the website for more details.



Natural Environment Apps for Cellular Devices

The Green Gumshoe

Allows a user to report an environmental incident to their proper local authorities.

NatureFind

Find areas such as parks, zoos, botanical gardens and nature centers.

TrailBehind

Find trails to ride, mountains to climb, places to bike and campgrounds where you can pitch a tent.

Sustainability Resources:

Community Builders Network of Metro St. Louis Regional Clean Cities

<http://www.communitybuildersstl.org/index.php/resource-manual/>
314-516-5845

This website provides documents and links to websites that will provide starting points for understanding and dealing with issues common to community development corporations.

Illinois Green Economy Network

<http://www.swic.edu/gogreen/>
618-235-2700 (Belleville Campus)
618-931-0600 (Granite City Campus)

Southwestern Illinois College (SWIC) and Lewis and Clark is home to one of the three regional green economy centers as part of the Illinois Green Economy Network. The Sustainability & Green Economy Center serves as a regional clearinghouse for environmental and sustainable resources. Members of the community, local businesses and schools, as well as SWIC employees and students are invited to use the center.

OneSTL

<http://www.onestl.org>
314-421-4220
618-274-2750

OneSTL is a resource that can be used by local governments and communities. Their online toolkit provides ideas, instructions and case studies for programs, projects and policies. The toolkit can serve as a guide for incorporating sustainable practices into your initiatives.

Sustainable Neighborhood Toolkit

www.sustainableneighborhood.net

The City of St. Louis Sustainable Neighborhood Initiative was created to help community groups advance the triple bottom line of sustainability in their neighborhoods. Residents and neighborhood groups can use the sustainable neighborhood toolkit to generate project ideas, as well as access step-by-step guidance and resources.

The EarthWays Center of the Missouri Botanical Garden

<http://www.missouribotanicalgarden.org/sustainability/>
314-577-5100

The EarthWays Center promotes sustainability through environmental education and improving the built environment. By educating people about their dependence on plants and the natural resources that support plant communities, they are teaching adults and youth to value and protect the things that sustain their families and communities. EarthWays Center staff work directly with the general public and other audiences, including educators and students.

The Triple Bottom Line Tool

<http://tbltool.org>

The Triple Bottom Line Tool is designed to help optimize and communicate the impact of economic development investment on economic vitality, natural resource stewardship and community well-being.

Sustainable Madison County:

<http://www.co.madison.il.us/planning/recycling.shtml>
<https://www.facebook.com/pages/Sustainable-Madison-County>
618-296-4468

Sustainable Madison County fosters and develops frameworks in governments, businesses, and communities to integrate environmental, economic, and equitable programs and policies. Resources and local events in regards to land use development, water, air, solid waste, recycling, enforcement and energy efficiency can be found on the website.

Madison County Green Schools Program

<http://www.co.madison.il.us/planning/recycling.shtml>
618-296-4319.

Since 1990, Madison County Government has been working with local teachers, administrators, and green teams at public, private and parochial schools within the County to create healthy, safe, resource-efficient schools that educate sustainability-literate citizens.



Sustainability Apps for Cellular Devices

Dirty Dozen

Rates the food on your grocery store list according to how many pesticides they contain. The app also tells you food to avoid.

PaperKarma

Simply pull out your phone and snap photos of the offending mail. PaperKarma will figure out what it is and how to stop it.

Farmers Market Finder

Find healthy and locally grown fruits, vegetables, meat, poultry, baked goods, flowers and plants.

GoodGuide

Showcases sustainable products and features a bar code scanner to check an items environmental impact before buying it.

Whats Fresh

Helps you to eat the freshest foods by allowing you to know anytime, anywhere what fruits and vegetables are currently in season in your area.

Transportation

Transportation & Public Health

Air pollution is major health problem for the St. Louis Metro region. Motor vehicles are responsible for up to half of all air pollution emissions released into the air according to the Environmental Protection Agency (EPA). Populations exposed to poor air quality have increased risk of disease, respiratory and cardiovascular problems. Over the last twenty years, the average Vehicle Miles Traveled (VMT) on freeways and arterial roads in the St. Louis Metro area has increased by 67 percent as cited by East West Gateway Council of Government. This increased use of single occupancy vehicles also points to a rise of various chronic diseases - such as obesity, diabetes, respiratory and heart disease.

Solutions:

Public Transportation

In 2013, Americans made 10.7 billion trips on public transit – the highest in 57 years according to the American Public Transportation Administration (APTA). Increased use of public transportation in our region reduces the number of single occupancy vehicles on the road which in-turn eases traffic congestion and reduces air pollution.

Carpooling

Eliminating more than two-million pounds of air pollution in the St. Louis region each year, ridesharing has proven to be one of the most environmentally beneficial modes of transportation. Commuters can reduce traffic congestion, improve air quality and impact regional parking by simply sharing their ride in a carpool or vanpool.

Did You Know

The average American spends \$3,063 commuting to work (AAA)! Carpool with one other person and cut your commute costs in half!

Drive Smart, Saving Gas & Money

- Prevent gas spillage—don't top off the gas tank.
- Inflate tires properly. Cars with low tires use up to 5% more energy.
- Properly aligned tires can save up to 10% of your fuel consumption.
- Reduce your speed. For every 5 mph you reduce highway speed you can save 7% in fuel.
- Lay off the brake. Riding the brake pedal can increase fuel consumption by 35%.

Idling Fast Facts

- Idling is running a vehicle engine when it is not moving.
- Idling more than 10 seconds uses more fuel than restarting your engine.
- Ten minutes of idling is the equivalent of driving five miles.
- If a person idles for 10 minutes a day, they will use more than 27 gallons of fuel in a year. Now that adds up!
- Idling can reduce the operating life of engine oil by 75%.

Vehicle Idling in School Zones

Idling buses, parents, staff and delivery vehicles can create unnecessary air pollution around schools. The airborne particles in this pollution can cause nasal, throat, respiratory, eye and other health problems for everyone; however, children are especially vulnerable:

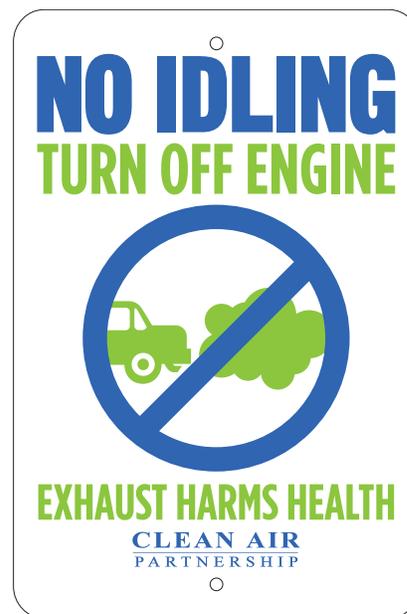
- Children's lungs are still developing, which causes them to breathe at a rate twice as fast as adults.
- Children breathe, on average, 50% more air per pound of body weight than adults.
- Children are closer to the ground and therefore, closer to the tailpipes of idling vehicles.
- Children's asthma symptoms increase from exposure to car exhaust and face an increased risk of respiratory tract infection.
- Asthma is the most common chronic illness in children and the cause of most school absences.

FREE NO-IDLING AWARENESS SIGNS

Schools, organizations and businesses can receive free no-idling signs through the Clean Air Partnership.

In Illinois contact Amy Funk at amyfunk@illinois.edu or 618-344-4230.

In Missouri contact Susannah.Fuchs@lung.org or 314-645-5505.



Complete Streets

Complete Streets provides roads for everyone—bicyclists, pedestrians and vehicular drivers. They enable safe access for all forms of transportation; making it easier to cross the street, walk to shops and bicycle to work! Biking and walking instead of driving adds exercise to your day while taking one less car off the road, making our neighborhood a safer healthier place for everyone!

Transportation Fast Facts:

- Residents are 65% more likely to walk in a neighborhood with sidewalks.
- More children are likely to walk or bike to school when sidewalks or footpaths are present, when there are safe street crossings and when school zones enforce a reduced vehicle speed.
- In Illinois, 15% of students who ride the bus to school do so because it is considered too dangerous to walk from home, less than 1.5 miles away.
- The 2001 National Household Transportation Survey finds that 50% of all trips in metropolitan areas are three miles or less and 28% of all metropolitan trips are one mile or less – distances easily traversed by foot or bicycle.
- Walking and bicycling are zero-emission transportation modes and transit is a lower-emissions mode – using transit can help a solo commuter who switches from driving to transit to reduce carbon dioxide emissions by 20 pounds per day, or more than 4,800 pounds in a year.

Transportation Resources:

Alternative Fuels Data Center (AFDC)

<http://www.afdc.energy.gov/locator/stations/>

The AFDC provides the tools for residents to locate alternative fueling stations such as electric charging and CNG fueling stations by using an address or ZIP code finder for routes in the United States.

Citizens for Modern Transit (CMT)

<http://cmt-stl.org>

314-231-7272

CMT makes our public transit system competitive with automobile travel and a priority for the Region. CMT assists in setting up residential and corporate transportation programs, promotional events and educational materials.

Smart Growth America

<http://www.smartgrowthamerica.org>

202-207-3355

Offers resources on smart growth solutions that support businesses and jobs, while providing more options for how people get around through transit, biking and walking.

Complete Streets

<http://www.smartgrowthamerica.org/complete-streets/>

Complete Streets is a planning and design process that changes the way most roads are planned, designed, constructed, operated and maintained to enable safe access for all users. Streets should be for everybody, whether walking or biking.

East West Gateway Council of Governments

<http://www.ewgateway.org>

314-421-4220

618-274-2750

Provides a forum for local governments of the bi-state St. Louis area to work together to solve problems that cross jurisdictional boundaries. Its final product is an evolving transportation investment strategy and transportation plan to serve the region's economic vitality and broad quality of life goals. Their website also provides information about regional transportation projects.

Enterprise

Carshare: <http://www.enterprisecarshare.com>

Rideshare: <http://www.enterpriserideshare.com/vanpool/en.html>

800-VAN-4-WORK

877-599-3227

Enterprise Carshare program is a program in the community that allows you to reserve a car by the hour for one, all-inclusive price.

Enterprise Rideshare program specializes in vanpool programs and commuter services for individuals and companies across the United States.

Federal Highway Administration (FHWA)

www.fhwa.dot.gov

202-366-4000

FHWA is an agency within the U.S. Department of Transportation that supports State and Local Governments. On their website you can find several resources linking to several topic areas, including Air Quality.

Green Vehicle Guide

<http://www.epa.gov/greenvehicle/>

Use this guide when considering the purchase of new city vehicles. The guide is updated annually to allow you to evaluate both fuel economy and emissions for new vehicles that meet your needs.

Illinois Department of Transportation (IDOT)

<http://www.dot.state.il.us/>

217-782-7820

IDOT provides information on transportation, adopt-a-highway programs, public transportation, road construction, traffic safety and a multitude of maps and news for the residents of Illinois.

Illinois League of Bicyclists

<http://www.bikelib.org/about/what-we-do/>

630-978-0583

The League of Illinois Bicyclists (LIB) is the statewide advocate for all Illinois bicyclists, promoting bicycle access, education, and safety. Our vision: "Illinois – Land of Safe and Enjoyable Bicycling for all."

Local Affordability Portal

<http://www.locationaffordability.info>

202-708-1112

Website provides reliable, user-friendly data and resources on combined housing and transportation costs to help users make more informed decisions about where to live, work and invest.

Madison County Transit (MCT)

<http://www.mct.org>

618-797-4600

MCT is the public transportation provider for Madison County, Illinois. They are committed to improving the quality of life for its residents, promoting health and sustainability and strengthening businesses and institutions in Madison County and throughout the region. MCT carries over 2.5 million passengers a year on its fixed-route public bus service, provides door-to-door Paratransit service to the elderly and disabled of Madison County, operates and maintains over 125 miles of bike trails and oversees the operation of RideFinders, the St. Louis regional rideshare program.

Metro East Park and Recreation District (MEPRD)

<http://www.meprd.org>

618-346-4905

MEPRD develops the trails and trail facilities in Madison County and St. Clair County, Illinois. MEPRD's website provides the community with comprehensive trail maps and park maps, including an app to view maps on your mobile device!

Metro Transit

<https://www.metrostlouis.org/Default.aspx>

314-231-2345 (Missouri Phone)

618-271-2345 (Illinois Phone)

Metro Transit oversees the MetroLink, MetroBus and Metro Call-A-Ride. Metro provides maps, schedules and can assist residents in trip planning. Additionally Metro Transit oversees the St. Louis Downtown Airport, the Gateway Arch Trams and the Gateway Arch Riverboats.

RideFinders

<http://ridefinders.org/>

800-847-7433

RideFinders, operated by Madison County Transit, provides a free carpool and vanpool ridesharing service for commuters in the St. Louis Region. RideFinders encourages commuters to share the ride instead of driving alone, saving money, reducing traffic congestion and improving air quality – making the already great communities in the St. Louis region even better places to live, work and study. RideFinders also offers a Schoolpool program that provides a free matching service to help parents of participating K-12 schools carpool, walk or bike students to and from school.

St. Clair County Transit District (SCCTD)

<http://www.scctd.org>

618-628-8090

SCCTD provides information on fares, how to ride, stations, maps and schedules for the Metro Bus and MetroLink.

St. Louis Regional Clean Cities (STLRCC)

<http://stlcleancities.org>

314-397-5308

STLRCC provides resources for voluntary, community based programs to reduce consumption of petroleum-based fuels but also promotes and creates alternative fuels, stations, and vehicles.

Trailnet

<http://trailnet.org>

314-436-1324

Trailnet assists with transportation planning in street designs, sidewalks and trails for more opportunities to lead a healthier and more active lifestyle.

Walk Score

www.walkscore.com

Find property listing and see how walkable the neighborhood is to your favorite destinations.

Transportation Apps for Cellular Devices

Alternative Fueling Station Locator

Use your current location or enter a custom location to find the 20 closest stations within a 30-mile radius. View the stations on a map or see a list of stations in order by distance from your location.

Avego Driver

Offers your empty seats to other people along your route in real time and share the cost of the journey between you and each rider, saving everyone time and money.

DriveAlternatives

Maps several thousand alternative fuel stations.

EcoRio

Consults Google Transit to determine the best method to get to your destination with the smallest impact on the environment. As you move around, EcoRio calculates your carbon footprint and even offers suggestions on how to reduce it in the future.

Gashog

Allows you to enter the odometer reading and the amount of fuel added every time you add fuel and it automatically calculates the fuel economy of your last tank.

GreenDrive

Helps motorists find the most efficient way to travel from one location to another. The app analyzes road conditions and generates the shortest route you can take to get to your destination in the quickest time allowed by law.

Walk Score

The only app that lets you search by commute time or near public transit. Calculates the walkability of any location and shows you a map of nearby restaurants, coffee shops, grocery stores, schools and more.

Water

97% of our planet's water is undrinkable. Another 2% is located in ice caps and glaciers, leaving only 1% of the world's fresh water for humans to use.

Stormwater

What is stormwater?

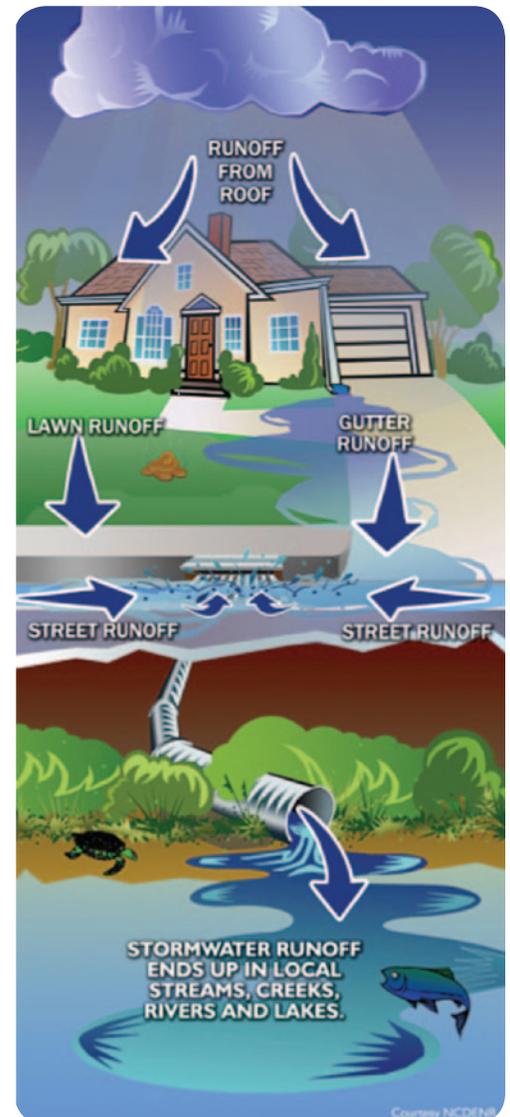
Stormwater runoff is the water you see running down driveways, streets, parking lots and sidewalks after it rains or when snow melts. Before pavements, water runoff would soak directly back into the Earth's prairies, forests and grasslands. The vegetation filters the water and sends it back into the streams. Because people have covered the earth with concrete and pavement, runoff can't soak into the ground and get filtered like it used to. Storm drains and runoff in our environment do not get filtered but instead flow directly into our rivers and streams. When runoff travels to storm drains, pollution from people mixes with it along the way and the water becomes contaminated. It is very important to do everything we can to keep water from contaminating our streams, lakes and rivers.

Did you know

- 40% of US bodies of water are polluted. Stormwater runoff is the primary cause.
- Did you know that storm drains flow directly to and into our streams, rivers and lakes?
- Water runoff is not treated or cleaned before it enters our streams, rivers, and lakes.

7 simple steps to clean water:

- 1) Keep pollution out of storm drains.
- 2) Fertilize sparingly and carefully.
- 3) Carefully store and dispose of household cleaners, chemicals, and oil.
- 4) Clean up after your pet.
- 5) Practice good car care, and dispose of used engine oil properly.
- 6) Choose earth-friendly landscaping.
- 7) Conserve water.



Water Resources:

Environmental Protection Agency

<http://water.epa.gov/>
312-353-2000 (Illinois)
913-551-7003 (Missouri)

A great website for general information on a wide variety of water related issues. Provides resources on drinking water, ground water, wastewater management, wetlands and watersheds.

Illinois Environmental Protection Agency (IEPA)

Community Drinking Water Systems
<http://water.epa.gov/drink/local/>

The EPA regulates community Drinking Systems. Information on your local drinking water system are found on their website according to the State which you reside.

Illinois Department of Public Health (IDPH)

Private Water Wells and Non-Community Drinking Water Systems
http://www.idph.state.il.us/envhealth/ehpublications.htm#Private_Water
<http://www.madisonchd.org/potable-water-supply-program.shtml>
<http://www.health.co.st-clair.il.us/environmental/environmental/Pages/wells.aspx>

IDPH and Local Health Departments monitor private water wells through permitting, inspections, sampling and education.

Madison County Stormwater Program

<http://www.co.madison.il.us/Planning/Stormwater.shtml>
618-296-7788

Madison County's Stormwater Program primarily consists of coordination of the County's Municipal Separate Sewers System (MS4) program. The program provides standards for staff training, water quality issues, pre- and post-construction requirements and public outreach. The stormwater hotline is used to aid residents with local issues.

National Great Rivers Research and Education Center

<http://www.ngrrec.org>
618-468-2900

The National Great Rivers Research and Education Center is dedicated to the study of great river systems and the communities that use them. Here, they provide education to the communities and conduct research that makes significant contributions to our understanding of big rivers and their watersheds.

Sewage

For Private Sewage questions or problems contact the Madison County government, Planning and Development department at 618-296-4663.
<http://www.co.madison.il.us/Planning/privatesewage.shtml>

For Public Sewage questions or problems contact your local municipality sewer provider.

Southern IL Regional Groundwater Protection Planning Committee (SRGPPC)

www.soilgroundwater.com
<http://www.epa.state.il.us/water/groundwater/images/southern.html>

SRGPPC maintains ongoing general education for citizen groups, schools, governing agencies and other interested parties on the importance of groundwater protection in the Counties of St. Clair, Madison, Monroe and Randolph, Illinois.

Stormwater BMP Toolbox

<http://www.stlmsd.com/what-we-do/stormwater-management/bmp-toolbox>

The resources provided on this site will help successfully navigate the technical and procedural path to post-construction stormwater BMPs design, installation and maintenance.



Water Apps for Cellular Devices

Creek Watch

Enables you to monitor your watershed. Creeks and streams are a vital part of watersheds; they provide water to drink and sustain plant and animal life. However, they can also be a pathway for pollution.

Rivercast

Find river gauge locations relevant to your location and view the stations latest observed level, or use the interactive graph to get detailed observation and forecast data

Waste Management

E-Recycling/E-Waste

Did you know that 90% of outdated electronics are thrown out with the garbage? However, in the state of Illinois it is illegal to dispose of electronic items in the trash. Unwanted computers, televisions and other electronics may contain lead, copper, other heavy metals or toxic substances that are harmful to our health when disposed of in a landfill. There are a variety of recycling programs that offer recycling and proper disposal of electronic waste. Check with your local municipality or local health department for drop-off locations in your area!

WHAT ELECTRONICS CAN I RECYCLE?

- Computers
- Monitors
- Televisions
- DVD players
- Printers
- Mobile phones
- Computer cables
- Keyboards
- Fax machines
- MP3 Players
- PDA's
- Tablets
- Video Game Consoles and remotes

Waste Management Resources:

Community Electronic Recycling

Unfortunately, 90% of out-dated electronics are thrown out with the garbage, where they can have a devastating impact on the environment. The good news is that as of January 1, 2012, the State of Illinois has prohibited many electronics from being placed in landfills. There are recycling programs that carefully separate the good from the bad and bundle them for destruction or reuse.

- RNA Worldwide - 618-234-4320 - www.RNAworldwide.com
- CJD Ecycling - 618-433-9368 - <http://www.cjdecycling.com/>
- Goodwill Industries: Alton, Granite City, Wood River, Glen Carbon, Fairview Heights, Belleville
- S.A.V.E 618-234-1992
- Best Buy: Fairview Heights & Edwardsville
- www.epa.state.il.us/land/electronic-waste-recycling/consumer-education.html
- www.illinoisrecycles.org.byteback_list.html
- www.earth911.org
- www.illinoisrecycles.org

GENERAL WASTE QUESTIONS?

For General Waste Questions and to find out the waste provider in your community, contact your local municipality or township office.

Lock Your Meds Program®

<http://www.lockyourmeds.org/>
305-856-4886

Lock Your Meds® is a national multi-media campaign designed to reduce prescription drug abuse by making adults aware that they are the “unwitting suppliers” of prescription medications being used in unintended ways, especially by young people. Local law enforcement agencies in Madison and St. Clair County accept prescription and over-the-counter medications in drop-off bins across the Metro East. Call your local law enforcement agency for availability of drop-off.

Waste Management Resources...

Highland Recycling & Shredding

<http://www.highlanddocumentshredding.com/>
618-589-4628

Highland Recycling & Shredding provides residential and commercial service drop-off locations for recycling and document destruction. Commodities accepted include: paper, cardboard and metal.

St. Clair County Health Department Recycling Directory

www.health.co.st-clair.il.us/environmental/recycle/Documents/RecyclingDirectoryMay2014onePage.pdf

St. Clair County Health Department: 618-233-7769

The St. Clair County Health Department provides a detailed booklet listing recycling companies and options throughout the St. Louis and Metro East Region. A PDF is available at the website. You can also contact the St. Clair County Health Department to find out how you can get a copy.

St. Louis Composting

<http://stlcompost.com/>
618-233-2007 (Illinois)
636-861-3344 (Missouri)

St. Louis Composting is based in Valley Park, Mo. It is also home to a 26-acre composting facility which carries a full line of STA-certified compost, topsoil and soil blends and a variety of mulches. Our neighbors in the Metro East are similarly served by a 52-acre composting facility located just west of Belleville, Ill. A third facility on four acres in Maryland Heights, Mo. is a transfer station for neighborhoods in North and West St. Louis County and accepts yard waste including trees, limbs and brush. In the City of St. Louis, we operate a processing center and retail outlet on a 10-acre site off Hall Street in the Baden neighborhood. Our fifth facility is located in North St. Louis County sits on 19 acres. And finally added in 2014, our sixth facility is located in Pacific, Mo and is a 26 acre composting facility.

IEPA

<http://www.epa.illinois.gov/>
IEPA Region 6 Office 618-346-5120

The Illinois Environmental Protection Agency manages environmental programs and enforcement for businesses, governments, and citizens throughout the entire Metro East Area. Residents may find information on illegal dumping, waste disposal, electronic waste, and pollutant issues can be found on their website or at the IEPA Collinsville Region 6 office.



Waste Management Apps for Cellular Devices

Find Recycling

Connects you with a recycling location near you.

Love Food Hate Waster

A portion size planner that helps you prepare the right amount and avoid cooking too much.

WeRecycle

A Platform to facilitate communication about waste between citizens and their community.

This booklet was made possible with the help from these great organizations:

**CLEAN AIR
PARTNERSHIP**

