



Fall Pollution Solutions

The cool, crisp feel of fall is in the air, but is it easier to breathe? The Coalition for Clean Air (CCA) wants to help you clear your air.

Here are three clean air solutions that can help make a difference this season:

1. Teach by example: carpool



Even if walking, biking or public transit are not options, there are still cleaner alternatives to driving your kids to school each morning. Teach your kids about sustainable transportation by setting up a carpooling network with other parents. Parents get a break from driving and kids can socialize on the way to school, all while reducing the number of cars on the road.

To maximize the benefit of carpooling, combine your trips: drop off the kids on your way to work or to run errands.

2. Houseplants: not just for décor



Houseplants can help clean your indoor air. Even just one plant in every room can significantly improve the quality of the air you breathe. As the weather cools down and you spend more time inside, consider the benefits of breathing cleaner air: less respiratory irritation, lower likelihood of sickness and better overall health.

Spider plants, Peace Lilies and Pothos are some of the best choices.

3. Act locally: farmers' markets



When you think of all the food on the shelves at your local supermarket, do you ever stop to consider how far it has traveled to get there? Bananas from Panama or apples from Washington must travel by train, truck or airplane to reach your table, contributing to the release of hundreds of tons of CO₂. If the produce is grown out of season, extra resources must be used to heat or cool greenhouses.

This fall, try shopping at farmers' markets for locally grown, seasonal produce. [Find a farmers' market](#) in your neighborhood.

Together, let's continue to do our part to help clear the air.

Visit our [SmogBlog](#) for more solutions. If your preferred clean air solution is not there, be sure to post your own!

