

# Sustainable Communities



## Take the Pledge!

- Green Cleaning
- Pesticide Free Zone
- Idle Free New Jersey



A presentation of NJ Environmental Federation and Clean Water Fund  
[www.cleanwateraction.org](http://www.cleanwateraction.org) [www.cleanwaterfund.org](http://www.cleanwaterfund.org)

## Clean, Green, and Working!

NJEF is working with NJ towns and schools on policies that will:

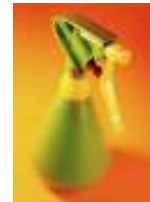
- Grow a green economy by promoting sustainable energy sources, conservation measures, and green-collar jobs.
- Reduce toxins in our communities, including pesticides, harsh cleaning products, and vehicle emissions.



## I. Green Cleaning

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- There's a green cleaning movement happening across NJ.
  - NJ Governor signs Executive Order #76 (Jan 2006) requiring all state properties and authorities to purchase and utilize green cleaning products.
  - Over the years, NJEF has helped numerous towns (Brick, Colts Neck, East Windsor, Irvington, Newark, Point Pleasant, West Orange, Wood Ridge) and schools (Jackson, Metuchen, Red Bank, Trenton, Willow School in Gladstone) switch to green cleaning products.
- Green cleaning can help you:
  - reduce your environmental footprint
  - improve the environment and safety for children, custodial/janitorial workers, and other staff;
  - get ahead of future green purchasing mandates.



## What is Green Cleaning?

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- **Moving away from petrochemicals:** products derived from crude oil or a petroleum distillate.
- **And moving towards bio-based:** products derived from renewable sources such as the extracts or oils from fruits, vegetables, plant matter, seeds, or nuts.
- **Maintaining a healthy level of cleanliness and disinfection.**



## Why Green Cleaning?



### □ Many common cleaning products:

- Cause a wide range of skin, respiratory, immune, allergy, cancer, and reproductive harm.
- Of the 2,863 most commonly used chemicals only 7% have complete toxicity data and 43% have NO toxicity information available. ([www.epa.gov](http://www.epa.gov)).
- 1 of every 3 cleaning chemicals used in schools can cause environmental or health problems.

(Center for a New American Dream).

## Children are more vulnerable to toxins

- Hand-to-mouth behavior and playing close to ground.
- Faster breathing patterns, rapid growth & development.
- Many hours spent in school with air that is often 2-5x more polluted than outdoor air (USEPA).
- Higher exposures to environmental toxins, pound for pound, compared to adults.



## Cleaning Products as Asthma Triggers

- Nationwide 1 in 13 children have asthma, NJ's cities are as high as 1 in 4. (UMDNJ)
- In CA, MA, MI, and NJ, 12 percent of work-related asthma cases were associated with exposure to cleaning products. (Journal of Occupational and Environmental Medicine)
- Asthma is #1 factor for school absenteeism & hospital admission among chronic conditions.
- Custodial workers experience the highest rates of occupational asthma, twice the rate for other workers. (American Journal of Industrial Medicine)



## Antibacterials: More Harm than Good

**Triclosan** is found in wide variety of body and dish soaps, laundry detergents, shampoos, mouth washed, deodorants, toothpastes, shaving cream, household cleaning products, and sponges.

- **Encourages growth of super-resistant bacteria** and antibiotic resistance.
- **Wipes out “good” bacteria**, vital for good health and strong immune system.
- **Decreases fertility**, altered sex hormones, causes birth defects, and cancer.
- **Toxic to algae** and aquatic ecosystems.
- **Children not exposed to “good” bacteria** may be more prone to allergies and asthma.
- **Have no proven benefit** over mild soap and water.
- **The AMA discourages the use** of antibacterial soaps.

Source: Beyond Pesticides



## Aren't Green Cleaners Expensive?

- ❑ **NO!** Many are competitively priced and they can also lower “soft” costs (i.e. dilution of products, using products that do “double duty”).
- ❑ One hospital saved \$11,000 in one year on chrome cleaners since a “green cleaning” window cleaner did the job instead.
- ❑ Talk with current vendors about options including collaborative purchasing and competitive bidding.



## Red Bank Goes Green!

In Oct 2004, NJEF helped jump start the greening effort at Red Bank Borough Primary School.

“We love the stuff,” said Jerry Sheeran, the district supervisor of buildings and grounds. “It works really well”. Sheeran said the new line of products is equivalent to or less expensive than what was used before.



*Third-graders from the school join (from left) Assemblyman Michael Panter, Senator Ellen Karcher, Deirdre Imus, NJ Deputy Comm. of Health James Blumenstock, and NJEF State Director Amy Goldsmith.*

## Make the Switch to Healthier Cleaning Products!

### Example: EcoLogo Environmental Choice Program

- Currently has standards for multiple cleaning applications, and over 4,000 certified products and services approved to use the label.
- EcoLogo establishes stricter limits on phosphates, alkylphenol ethoxylates (hormone disruptors), chelating agents, aquatic toxicity & biodegradability than GreenSeal.
- EcoLogo began operations in 1988, they are a founding member of the Global EcoLabeling Network, and are emerging as the North American leader.

[www.environmentalchoice.com](http://www.environmentalchoice.com)



## ✓ Take the Green Cleaning Pledge!

### AS LOCAL GOVERNMENT & SCHOOL LEADERS, WE COMMIT TO:

- Signing a green cleaning resolution and implementing a pilot project in municipality/school.
- Encourage implementation of green cleaning for residents and business owners.
- Provide educational materials to residents, municipal/school staff, and homeowners on the benefits of using green cleaning products.

SIGNED

Title: \_\_\_\_\_ Date: \_\_\_\_\_

Municipality/School: \_\_\_\_\_

*Please return completed form via fax to 732-280-0371, or scan and email to [jvickers@cleanwater.org](mailto:jvickers@cleanwater.org)*

## It's easy as 1-2-3 to go green!



1. Create an inventory of all products in use. Identify the hazards of those products according to their MSDS sheet.
2. Talk to suppliers to find cost-effective green alternatives that match up with your cleaning needs.
3. Pass a “green cleaning” policy and begin a pilot project that includes education and training of all custodial workers and staff.

**Sample policy available at:**

[www.cleanwateraction.org/pdf/njef/greencleaningpolicy.pdf](http://www.cleanwateraction.org/pdf/njef/greencleaningpolicy.pdf)

## Green Cleaning Resources:

- **EPA's Environmentally Preferable Purchasing Program**, [www.epa.gov/epp](http://www.epa.gov/epp)
- **EcoLogo Environmental Choice Program**  
[www.environmentalchoice.com](http://www.environmentalchoice.com)
- **Center for a New American Dream**  
[www.newdream.org](http://www.newdream.org)
- **Childproofing Our Communities**  
[www.childproofing.org](http://www.childproofing.org)
- **The Green Flags Program**  
[www.greenflagschools.org/](http://www.greenflagschools.org/)



## II. Pesticide Free Zones

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- For over a decade, towns and schools, worried about the dangers of toxic pesticides, have been passing resolutions to reduce and/or eliminate their use, especially in areas where children frequent.
- In 2002, the State of NJ passed the School Integrated Pest Management Act to reduce pesticide use and increase notification in all schools.



## Dangers of Pesticides

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- Increase the risk of cancer, as well as asthma, immune system and nerve disorders, infertility, birth defects, learning disabilities and behavioral problems.
- Children are particularly vulnerable to due their size, rapid development, and hand to mouth behaviors. In a recent study of preschoolers, 99% had one or more pesticides in their bodies.
- Lawn pesticides can also poison pets (particularly dogs and cats) and increase their risk of cancer, as well as harm wildlife and contaminate drinking water.
- Pesticides can get on your skin, clothes and shoes, be tracked indoors and contaminate homes, furniture, carpets.



## Examples of Pesticides:

- Grub Control
- Weed Killer
- Fungus Treatment
- Insect Spray
- Crab Grass Preventer
- Insecticides
- Herbicides



## Integrated Pest Management versus Pesticide Free Zones



- **Integrated Pest Management (IPM)** uses a wide variety of practices to reduce pests. IPM pest control includes:
  - Prevention: reducing food, water, and access used by pests;
  - Last resort: utilize least toxic pesticides only as needed;
- **Pesticide Free Zones (PFZ)** means that no chemical pest controls are used, but considers the use of organically certified materials and USEPA-exempt pesticides.
  - Established especially where children and pets play--public parks, school yards, and home lawns.

## PFZ Success!



**Mansfield School**



**Neptune Twp.**



**Wall Twp.**



**Dennis Twp.**



**Asbury Park**



**Pittsgrove**

## ✓ Take the PFZ Pledge!

### AS LOCAL GOVERNMENT & SCHOOL LEADERS, WE COMMIT TO:

- Evaluate and troubleshoot current pest control practices, as well as make recommendations for reducing the use of chemical pesticides.
- Sign a resolution that commits to establishing Pesticide Free Zones (PFZ) in public parks and school playgrounds (Sample policy at: [www.cleanwateraction.org/files/publications/nj/pesticidepolicy.pdf](http://www.cleanwateraction.org/files/publications/nj/pesticidepolicy.pdf)).
- Offer presentations and educational training materials, and other resources to employees, businesses and residents.

SIGNED

Title: \_\_\_\_\_ Date: \_\_\_\_\_

Municipality: \_\_\_\_\_

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## Pesticide Resources

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- **NJEF's Pesticide Free Campaign Page**  
[www.cleanwateraction.org/programinitiative/pesticides-free-campaign](http://www.cleanwateraction.org/programinitiative/pesticides-free-campaign)
- **Beyond Pesticides**  
[www.beyondpesticides.org/](http://www.beyondpesticides.org/)



## III. Idle Free New Jersey

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- **Vehicle exhaust is NJ's leading source of hazardous air pollution**, responsible for ½ of air-related cancers and other health impacts.
- **In New Jersey, the legal idling limit is 3 minutes** for diesel (trucks, buses, school buses, etc.) and gasoline vehicles (cars, some trucks and buses, etc.).
- **However, many New Jerseyans are unaware of idling restrictions and the law is not being enforced.** That's why NJEF encourages towns and schools to pass "Idle Free" resolutions.
- **Idling for over 10 seconds uses more gas** than restarting your engine.

## Common Misconceptions About Idling



- ❑ **It is better to leave your car running rather than turn it off. FALSE!**
  - Frequent restarting has little impact on battery and starter.
  - Catalytic converters stay warm for 25+ minutes - stops not harmful.
  - Idling produces 2x as many harmful emissions as a moving vehicle.
  
- ❑ **In the winter, it's important to idle for a few minutes to warm up the engine. FALSE!**
  - Tests show no more than 30 seconds needed to circulate engine oil.
  - All parts need to warm up, not just the engine.
  - Catalytic converter doesn't function at peak until its 400 – 800 °C.
  - Best way to warm up your vehicle is to drive it.

## Common Misconceptions About Idling



- ❑ **Idling is good for vehicles. FALSE!**
  - Idling can damage engines.
  - Engine isn't at peak operating temperature.
  - Fuel doesn't undergo complete combustion.
  - Idling leaves fuel residues that can contaminate engine oil and damage engine parts.
  - Excessive idling can allow water to condense in vehicle's exhaust.
  - Modern vehicles don't require idling.

## When do people idle?

- School drop-off and pick-up
- Waiting for someone
- Using cell phone
- Winter to warm up vehicle or stay warm
- Summer to stay cool
- Drive-thru windows
- Gas stations
- Using automatic vehicle starters
- Force of habit



## Why stop idling?

- Reduce health impacts**
  - Children breathe at tailpipe level, up to 25% are asthmatic, leading cause of school absenteeism.
  - Children breathe at faster rate than adults, so breathe more polluted air.
  - Breathing polluted air causes asthma, lung problems, allergies, heart attacks, cancers, and premature death.
- Reduce air pollution**
  - Especially when vehicle is started cold.
  - Exposure to pollutants actually higher inside vehicle.
- Reduce greenhouse gases**
  - Prevent global warming.
  - 19 pounds CO<sub>2</sub> produced per gallon of gas
- Save fuel and money**
  - You can save over 21 gallons of gas per year if you reduce your idling by only 10 minutes/day!
  - Increase the life of vehicles.



## What can individuals do?

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- ❑ If stopping for more than 10 seconds, turn off your vehicle.
- ❑ Plan for the weather (dress appropriately, use blankets for kids).
- ❑ Minimize warm-up idling to 30 seconds.
- ❑ Warm vehicle's transmission, tires, suspension, steering and wheel bearings by initially driving slow.
- ❑ Use remote car starters sparingly (30 seconds).
- ❑ Buy a hybrid.
- ❑ Educate others about idling.
- ❑ Ask your town and school to pass a no-idling policy.



## What Can Schools Do?

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- ❑ Take the Idle Free New Jersey pledge and designate area around schools as “Idle Free Zones”.
- ❑ Pass an Idle Free New Jersey School Resolution (sample resolution at: [www.cleanwateraction.org/files/publications/nj/noidlingresolutionschools.pdf](http://www.cleanwateraction.org/files/publications/nj/noidlingresolutionschools.pdf)).
- ❑ Procure idle-free signs.
- ❑ Disseminate information to students, parents, and teachers.
- ❑ Have buses take “No-Idling Pledge”.





## School Success Story: Jackson

- NJEF worked with 3<sup>rd</sup> graders at Switlik Elementary School to develop “no-idling” pictures that were used in a power point presentation given to the school and Jackson Twp. Committee.
- The committee then passed a “no-idling” resolution in June 08.
- The campaign was featured in an *Asbury Park Press* article “Pupils produce information on impact of vehicle idling” (June 2008).



## School Success Story: Red Bank

- NJEF helped 3<sup>rd</sup> graders at the Red Bank Borough Primary School to stop vehicle idling at drop off.
- Kids spoke with parents and bus drivers about the harm idling causes and the money they could save.
- Put up curbside no idling signs, handed out no-idling flyers, wrote personalized letters and essays to parents.
- The project was featured in a *Hub* news article “Students work to curb vehicle idling” (Oct. 07).





## School Success Story: South Orange

- NJEF worked with South Orange Girl Scout Troop #250 to develop no-idling drawings that were featured in a power point presentation given to the school.
- Students then asking the village president and council to pass a no-idling ordinance (and they did!).
- Parents, teachers and local businesses supported the effort by signing pledges.
- Their campaign was featured in a *Star Ledger* story “Just Turn the Key” (Mar. 08)



## What Can Municipalities Do?

- Take the Idle Free New Jersey pledge and pass a no-idling ordinance (sample ordinance: [www.cleanwateraction.org/files/publications/nj/noidlingresolutionmuni.pdf](http://www.cleanwateraction.org/files/publications/nj/noidlingresolutionmuni.pdf)).
- Educate residents by sending information to residents, businesses, and schools.
- Designate areas in town as “Idle Free Zones”.
- Acquire no-idling signs.



## Municipalities that have passed “idle-free” resolutions

- Bernards Twp
- City of Cape May
- Chatham Twp
- Closter Twp
- Colts Neck
- East Windsor
- Franklin Twp
- Hamilton
- Hazlet
- Hillsdale Bor.
- Jackson
- Madison
- Millburn
- Princeton Twp
- South Orange



*Chatham Twp. receives an NJEF  
award for efforts to go “idle free”*

## Take the Idle Free Pledge!

### AS LOCAL GOVERNMENT & SCHOOL LEADERS, WE COMMIT TO:

- Pass an “idle free” resolution in our school and municipality to reduce vehicle idling in “hot spots” such as school pick up zones, drive-thrus, parking lots, and business centers.
- Order no-idling signs to educate residents about the municipal /school ordinance and state no-idling policy.
- Provide educational materials to residents, municipal staff, and businesses on the benefits of going idle free.

SIGNED

Title: \_\_\_\_\_ Date: \_\_\_\_\_

Municipality/School: \_\_\_\_\_

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## Ordering Signs

### Garden State Highway Products

- Send in name, organization, phone, email, billing and shipping address to:
  - 1740 East Oak Road  
Vineland, NJ 08361  
Attention: Joe Mac
- Signs x \$17.66 / per sign (includes tax and shipping)

### NJDEP

- Order no-idling for diesel vehicle signs
  - [www.stophesoot.org/sts-no-idle-sign.htm](http://www.stophesoot.org/sts-no-idle-sign.htm)



## Idle Free Resources:

- **NJ Environmental Federation Website:**  
[www.cleanwateraction.org/idlefreej](http://www.cleanwateraction.org/idlefreej)
- **Natural Resources Canada, Office of Energy Efficiency, Idle Free Zone** <http://idling.gc.ca>
- **School Bus Idling in NJ**  
<http://www.stophesoot.org/sts-schools.htm>





**NEW JERSEY  
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