



# How can I get involved in my community to support clean fuels and vehicles and environmental protection?

Always remember that everything you do as an individual in changing your lifestyle with green tips is very important to your community and the environment. These green action changes in your life help reduce your personal oil consumption and will benefit your health and the quality of our environment. All eco-friendly information shared and all the small efforts and changes we make to our lifestyles will determine the possibilities of future life as we know it.

Some of the things you can do to help preserve the environment and reduce our dependence on imported oil are:



## In your Community

- Get involved with programs that promote alternative fuels and alternative fuel vehicles;
- Attend educational workshops;
- Join the Gold Coast Clean Cities Coalition;
- Walk, ride a bicycle, carpool, and/or use public transportation;
- Drive (rent or buy) hybrid and alternative and flex fuel vehicles, since they consume less petroleum gasoline and emit less pollutants;
- Avoid rapid accelerations and braking;
- When picking up children at school, turn off the engine and wait until they are in the vehicle to restart;
- On the highway, use your cruise control and overdrive gears.





## At Home

- Recycle plastic as much as possible, which reduces the production of new oil-based products;
- Buy plastic-free products if possible;
- Ride your bike or walk whenever possible;
- Purchase all-natural lipglosses or lipstick, some lipsticks are made with petroleum products;
- Air dry your clothes, since it takes petroleum to produce the electricity;
- Use moisturizers and lotions made from natural plants;
- If you are taking medicine and/or vitamins that are capsules, ask your physician if they can be changed to a caplet or tablet. Petroleum is used to make capsules;
- Use natural pest control as many pesticides contain petroleum-based chemicals.

The Florida Gold Coast Clean Cities Coalition is staffed by the South Florida Regional Planning Council.  
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For more information on how to participate, visit our Web site [www.floridagoldcoastcleancities.com](http://www.floridagoldcoastcleancities.com)