



# Simply Green

## Live well, tread gently

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### Issue IV, March 2008 \* Special “No Idling” Edition

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This issue is devoted to stopping unnecessary vehicle idling, one relatively easy way to contribute to improved air quality and respiratory health in our community. Here are some interesting facts:

- No one wants their children breathing exhaust, and yet a great deal of idling takes place at our schools, where cars line up to drop off and pick up children. In fact, it is estimated that a single vehicle dropping off and picking up kids at one school puts three pounds of pollution into the air per month\*.
- Since children breathe 50% more air per pound than adults, their growing bodies are especially susceptible to the harmful effects of vehicle exhaust. Vehicle exhaust contains air toxics and fine particles, among other pollutants, which are associated with increased incidence of respiratory ailments and heart disease, as well as greater cancer risk\*. (Thankfully, the Manhasset School District has a no idling policy in place for buses).
- Schools aren't the only places we tend to idle in our cars: we do it at the train station, outside of supermarkets, when stuck on the wrong side of a passing train, waiting on line at a drive-thru, picking up from religious instruction, and many other activities.
- Idling consumes from ½ gallon to 1 gallon of fuel per hour and wastes more fuel than turning off and on your vehicle engine.
- Idling is expensive. According to a recent report from Texas A & M, idling Americans burn 2.9 billion gallons of gas a year, worth around \$78.2 billion!

The rule of thumb is, if you're going to idle for more than 30 seconds, it's more efficient to turn off most warmed-up vehicles. So, let's avoid idling through our days. We'll do ourselves, our cars, and the folks behind our tailpipes a favor by shutting our engines down when sitting in our cars for more than a few seconds.

\*source: [www.pscleanair.org](http://www.pscleanair.org)

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