

Young Lungs at Work! Be Idle Free

What is idling?

Idling is leaving a vehicle's engine running when it is parked or not in use.

What's wrong with idling?

Idling causes air pollution that is bad for human health and local air quality, and environmental health, while costing drivers money.

- 30 seconds of idling uses more fuel than restarting the engine. Batteries and starters are now more efficient and reliable so the wear and tear to the engine is negligible.
- Personal vehicle exhaust is the #1 source of summertime air pollution in the Bay Area
- Vehicle exhaust poses health risks, especially in children. It can cause lung and respiratory problems and can exacerbate asthma and allergies.
- CO2 emissions from vehicle exhaust are primary contributor to climate change

Who can benefit from Idle Free projects?

Anyone who drives!

- Parents picking up from school or sporting events
- Patrons of car washes and drive-throughs
- Travelers who sit in the parked car checking email and voicemail
- Drivers stuck in gridlocked parking lots



How could I implement an Idle Free project?

- Distribute educational bookmarks to students to take home to parents
- Write informational articles in a newsletter or blog
- Post Idle Free signs at locations where cars wait
- Connect Idling messages with other Safe Routes to School programs and encouraging people to park and walk partway to school
- Pass out information during pick up time about why not to idle
- Implement a cartoon contest to motivate not idling
- Sign an idle free pledge on a school banner or have an idle free pledge contest
- Speak up at a City Council or School Board meeting about idle free activity ask for a proclamation to set expectations and normalize the behavior
- Recommend language for the school or District to include no idling in school Wellness Policy or LCAPs

What resources are already available at www.idlefreebayarea.org?

Resource	Time/length
• Powerpoint presentation (Engl. or Sp.)	15-30 mins
• Online or paper pledges and car decals	N/A
• Bookmarks to send home or give out	N/A
• Idle Free Zone parking sign	N/A
• Newsletter articles (Engl. Or Sp.)	from 100 - 300 words
• Idle Free Podcast	6 mins
• Sample of a City Proclamation	from 200 – 300 words
• Week-long Pledge Contest Kit	5 Days
• Scientific Resources	See: idlefreebayarea.org/resources

