

Did you know the use of certain household products can significantly impact the amount of harmful emissions generated on any given day? See below for more on how incorporating sustainable practices at home can help to reduce environmental impact and clear the air.



Utilize reusable lunch or shopping bags, coffee cups, dinnerware and water bottles rather than disposing of single-use Styrofoam, paper or plastic items.

Eco-friendly changes at home can make all the difference in helping people across the St. Louis region breathe easier and can also be cost-saving.



Select Energy Star appliances and equipment and establish a regular maintenance routine to prolong the life of the equipment.

Opt for rags from cut up old clothes, towels or sheets that can be washed and reused any time.



Adjust thermostats by turning down the heat at the end of the day or raise the setting for cooling.











