

Use alternative transportation or carpool 2 days a week, especially on Ozone Alert days

Average household reduction of carbon emissions: 4,000 pounds a year

How

If you don't know anyone going your way, find carpooling buddies through Mid-America Regional Council's RideShare program. Find out more at MARC.org. If you would rather take the bus, check with the [Kansas City Alternative Transit Authority](#) or [The Jo](#) for route information.

Why

Ozone, or smog, is a serious health risk for Kansas City residents. In the summer of 2007, Kansas City air quality broke EPA regulations several times. One of the simplest ways to reduce this ground-level pollution is to carpool or use alternative transportation. This will also reduce your carbon emissions, making it a choice beneficial to both local and global health.