

Resources for more information

At home...

Grow your garden without toxic pesticides:

www.oregonmetro.gov/garden

Nature-friendly practices in your backyard:

www.oregonmetro.gov
search for: nature friendly

Find a recycler:

www.oregonmetro.gov/findarecycler

Dispose of toxic chemicals:

www.oregonmetro.gov/hhw

Choose recycled paints for household decorating projects:

www.oregonmetro.gov/paint

Disconnect your downspout:

Portland Bureau of Environmental Services
www.portlandonline.com/downspoutdisconnect

At work...

Recycle at work:

www.recycleatwork.com

Dispose of hazardous waste from the work place:

www.oregonmetro.gov/ceg

Share a ride:

www.oregonmetro.gov/rideshare

At school...

Teach your students about recycling:

www.oregonmetro.gov/schoolrecycling

Teach your students about nature:

www.oregonmetro.gov/kids

Plant a native garden at your school:

www.oregonmetro.gov
search for: native gardens

In the community...

Learn about travel options in your community:

www.driveless.savemore.com

Explore the region by foot:

www.oregonmetro.gov/walk

Clean up your neighborhood:

www.oregonmetro.gov/cleanup

Volunteer:

www.oregonmetro.gov/volunteer

Preserve and plant trees:

www.oregonmetro.gov
search for: plant trees

Locate your watershed:

U.S. Environmental Protection Agency
<http://cfpub.epa.gov/surf/locate>

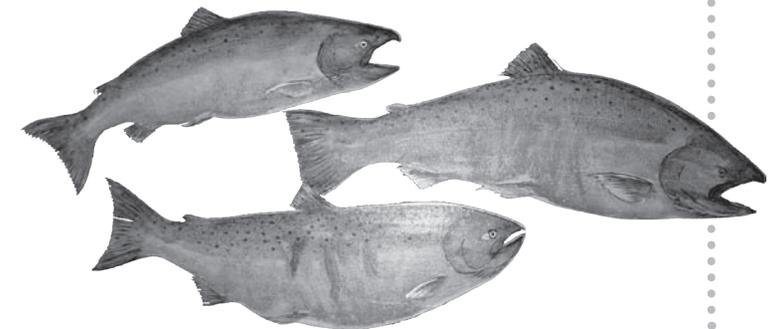
25 things you can do to protect wild salmon habitats

Why are healthy salmon habitats important?

Salmon need cold, clean and clear water to thrive – and so do humans.

Clean water comes from a healthy watershed. Any place in your neighborhood or community where water and snow-melt move downstream and converge into other bodies of water – from the smallest creek to the largest lake – creates a watershed. Everything you do in your yard, neighborhood or community affects watershed health, water quality and the condition of salmon habitats.

There are simple things you and your family can do to help protect and create healthy watersheds and salmon habitats. Together we can help ensure that future generations will enjoy the clean water that is so critical to the quality of life in the Pacific Northwest.



 Metro | *People places. Open spaces.*

Your Metro representatives

Metro Council President – David Bragdon
Metro Councilors – Rod Park, District 1; Carlotta Collette, District 2; Carl Hosticka, District 3;
Kathryn Harrington, District 4; Rex Burkholder, District 5; Robert Liberty, District 6.
Auditor – Suzanne Flynn

www.oregonmetro.gov

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At home...

1. **Turn off the tap** and keep a pitcher of cool water in the fridge.
2. **Shop local** and include more plant-based foods in your diet to minimize the environmental impact of food production.
3. **Make your yard a pesticide-free zone** to prevent the runoff of toxic chemicals into streams, lakes and waterways.
4. **Dispose of toxic chemicals** such as aerosol cans, paints, furniture polish and ammonia-based cleaners responsibly.
5. **Choose recycled paints** for home decorating projects to minimize the amount of paint that ends up in landfills every year.
6. **Disconnect your downspout** from the sewer system and redirect it to a rain garden.

At work...

7. **Get a reusable coffee cup** and spork (spoon, knife, fork all-in-one utensil) and commit to using them.
8. **Reuse your printer ink and toner cartridges** up to four times to save money and keep plastic cartridges out of landfills.
9. **Support or start a recycling program** in your office breakroom with clearly marked bins.
10. **Reduce paper use** in the office by selecting duplex printing (printing on both sides) as the default setting on the copier.
11. **Turn off the lights** – and your computer – when leaving the office at the end of the day to reduce carbon emissions and energy bills.
12. **Swap out workplace lighting with low-energy equivalents** and encourage the use of natural light when working during the daylight hours.

At school...

13. **Place reminders over light switches** in every classroom to turn lights out when you leave.
14. **Support or start student-organized recycling programs** in the classroom and the school.
15. **Request that your school district purchase and use environmentally friendly cleaning products for their schools.**
16. **Recruit parent and student helpers to create a native garden** to provide shade, wildlife habitat and opportunities for learning about plants that help the environment.
17. **Minimize single family car transport to and from school** by having children ride the bus or walk or bike with friends.
18. **Teach your children how to care for the environment** and encourage them to lead by example with their classmates.
19. **Collaborate with other families to buy back-to-school supplies** in bulk to reduce packaging, unused supplies and costs.

In the community...

20. **Ask supermarkets and restaurants to stock only sustainably-caught salmon.**
21. **Get out of your car** and walk or bicycle to your destination at least one day a week.
22. **Clean up animal waste as you walk your dog** to prevent it from washing into streams and contaminating drinking water and salmon habitat.
23. **Organize a tree planting party** in your neighborhood to increase their effectiveness in filtering water, cleaning air, preventing erosion and providing habitat for fish and wildlife.
24. **Refuse plastic bags at the supermarket** to reduce the more than 100 billion that end up clogging sewers, gutters and waterways, entangling birds and being swallowed by whales, turtles and other marine life.
25. **Get to know your watershed council and volunteer** with stream restoration and education projects.

