

# TRAVELWise for Moms



Utah is a wonderful place to live, work and play. But poor air quality can impact our families – limiting activities, aggravating health conditions and impacting quality of life.

With over 50% of air pollution coming from motor vehicles, we need fewer vehicle trips in Utah to reduce emissions and help clear the air.

The good news is that there are simple things your family can do today to limit your impact on poor air quality. Whether that is carpooling, walking, biking, taking public transportation or simply eliminating unnecessary car trips – you can make a difference.

Explore the tools below and see how easy it is to get started.

## *Active Transportation: Get moving!*

Physical activity is vital to the health and well-being of our children. It keeps them fit, healthy and focused in class.

**Consider replacing car trips less than two miles with family outings on foot or by bicycle.** You'll get the opportunity to exercise together as a family and everyone will benefit from the time spent together.

### **Consider setting up a Walking School Bus.**

A walking school bus is a group of children who walk to school together with adult supervision (the "driver"). It can be informal (two families taking turns) or formal (set meeting points, timetable & volunteers).



## *Carpool: Rubber meets the road.*

Why should you do all the driving? Divide the ride with other families in your neighborhood to reduce emissions, save money and share responsibility.

Here are some tips to help you arrange a carpool:

- **Consider families in your neighborhood** with similar activities and/or destinations. Approach them about consolidating efforts and sharing the ride.
- **Create a schedule** with two or three families so each family can make plans on the days they don't drive.
- **Set ground rules** for the kids. Seat belts, booster seats, no fighting, polite voices, etc.
- **Keep a contact list** of all parents in case you need to get in touch.
- **Check in with parents** when picking up and dropping off kids.
- **Give as much advance notice** as possible if plans change.

Learn more at [UTArideshare.com](http://UTArideshare.com).

## *Public Transit: Tips for smooth travel with kids.*

- **Have supplies.** Make sure your kids have everything they need to enjoy the ride (food, water, etc.)
- **Be prepared.** Know your itinerary, fares, wait times, etc. before you leave the house. Take advantage of trip planning resources at [RideUTA.com](http://RideUTA.com).
- **Keep strollers small and easy to carry and fold.** If your child is over the age of two, consider letting them walk with you to avoid the stroller all together.
- **Focus on the positives.** You can avoid parking hassles and fees, enjoy a safer journey, get some exercise and spend more time interacting with your family.
- **Enjoy the ride!** Instead of focusing on the road, enjoy the adventure with your little one(s). Point out interesting sights on your way and take advantage of extra bonding time.

**Remember, the school bus is a form of public transit.** Buses consolidate what could be many parent car trips, eliminating the need for you to get behind the wheel. It's a great option to reduce your emissions. Walk to the bus stop and board the big yellow bus!

## *Take the Clear the Air Challenge!*



The **Clear the Air Challenge (August 1-31)** is a great way to focus your family's efforts to drive less. Put your plan into action and log the trips you save using alternatives to driving alone.

Register at [ClearTheAirChallenge.org](http://ClearTheAirChallenge.org) and set your drive less goals. Then track your progress and be eligible to win great prizes!

The TravelWise Tracker makes it easy to see your impact in trips, miles, gallons of gas, dollars and energy saved. **Track on the go** with your Smartphone at [ClearTheAirChallenge.com/Mobile](http://ClearTheAirChallenge.com/Mobile).

**Amy and her daughter will be taking more adventures on TRAX together.**

**Dawn and her sons will be carpooling with friends to weekly activities.**

**What is your family doing to drive less?**

[youtube.com/cleartheairutah](http://youtube.com/cleartheairutah)

