



## State of the Nation's River 2011:

What can you do for a cleaner, healthier river:

- Get a rain barrel to collect stormwater; Install a rain garden or green roof
- Use products with biodegradable ingredients, which are less likely to harm the environment. Choose products containing ingredients more prone to biodegrading like vinegar, lemon juice, or baking soda
- Advocate strong stormwater regulations at the state and county level
- Do not fertilize your lawn, or use organic alternatives sparingly.
- Plant trees. Replace unnecessary lawn with natural plantings.
- Don't wash your car in the driveway - go to a car wash (they recycle wash water!)
- Recycle responsibly: See if your state runs a program to provide low-income patients with leftover pharmaceuticals. Rules and regulations vary according to state so reference the laws in your area with the help of organizations such as the National Conference of State Legislatures ([www.ncsl.org](http://www.ncsl.org)).
- Change your oil at a commercial operation
- Locate a take-back program: Ask pharmacies in your community if they take back unneeded or expired medications. Inquire about community take-back programs at local government sites and online. If none exist, implement your own using resources such as Teleosis Institute's Green Pharmacy Program ([www.teleosis.org/gpp-program.php](http://www.teleosis.org/gpp-program.php)), or the SMARxT Disposal public awareness campaign ([www.smarxtdisposal.net](http://www.smarxtdisposal.net)) to help you get started.
- Replace driveways and sidewalks with permeable alternatives (such as permeable pavers)
- Call your local government and ask what they can do to help you - many offer assistance with low impact development projects
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