

Fostering California's next generation of environmental stewards

Breathe California of Sacramento–Emigrant Trails' Youth Education Programs are designed to reduce local air pollution through education and increased community awareness. We offer local schools an entire academic year of high-quality, free, air quality curriculum with our School to Fuel, O24u™, Healthy School Air, and School Flag Programs.

School to Fuel

School to Fuel diverts food waste from the landfill, thereby preventing the release of methane gas into the atmosphere (a contributor to climate change). Breathe California teaches elementary and middle school children how to sort food waste in the cafeteria. Their food waste goes to a local closed-system anaerobic digester for conversion into clean fuel and electricity – improving the air we all breathe. **Sample Programing:** With help from school staff, Breathe California identifies a group of student leaders to champion food waste recycling in the cafeteria. Breathe California and the waste haulers educate the entire school about food waste recycling at a kick-off assembly. **In a four month period, an entire Natomas middle school diverted 20,000 lbs of food waste from the landfill.**



O24u™



O24u™ is a hands-on, environmental education program for children in 1st-6th grade afterschool programs. The O24u™ curriculum has been developed to align with California Environmental Education Initiative principals and includes over 35 hands-on, interactive activities spanning 6 topic areas. **Sample Meeting:** O24u™ lessons held twice a month after school. Students are placed in groups of 15 per lesson with one facilitator. Each lesson is 40 minute long. Each student receives an O24u™ workbook and materials related to each lesson.

Healthy School Air

The Healthy School Air Program aims to improve the quality of air directly surrounding school campuses by empowering student “Clean Air Advocates” to promote the use of safe, active transportation methods such as biking and walking. **Sample Meeting:** Students meet a total of four times. Students meet once to collect data of vehicles idling near school. Students then discuss an action plan. Students put their plan into action. Students record impact of their action plan by recording idling again.



School Flag Program

The School Flag Program is designed to help teachers, school staff, coaches and parents protect children's lungs on days when poor air quality poses a health threat. **Sample Programing:** School holds information assembly. Students/Staff members display Air Quality Index (AQI) charts on campus and in classrooms. At the start of each day the AQI chart is checked and the corresponding flag is flown. Students/Staff adhere to the activity recommended by the AQI chart that coordinates with the flag color.