I am pleased to present the Fall 2019 newsletter! 2019 has proven to be another productive and rewarding year for the Clifton Health Department. The Health Department welcomed Steel Leon, Animal Control Officer on board. In his time so far, Steel has proven himself to be a dedicated, hard-working and compassionate Animal Control Officer.

During the spring, the Health Department implemented its Cream of the Crop program where it awarded Risk Type 3 establishments with certificates recognizing them for their commitment to food safety.

This summer, the Health Department also reinstated its Clifton Tobacco Age of Sale Enforcement (C-TASE) Program. We know that education alone is not enough and that enforcement is also needed to combat the critical vaping epidemic. Under this program, Health Educator Layal Helwani, accompanied with two students under the legal age of 21, visited tobacco retailers in the City of Clifton to ensure they are complying with state statutes that prevent the sale of tobacco products, including electronic nicotine delivery systems, to individuals under the age of 21.

Though there have not been any measles cases in the City of Clifton, the City of Clifton took a proactive step to protect its first responders from the measles virus this year. This past summer, the City offered titer clinics to its first responders to give them the opportunity to check their immunity to the measles virus, and subsequently offered clinics to individuals who needed additional immunizations, depending on the results of their titer tests.

I am also excited that the City of Clifton’s 2019-2023 Community Health Improvement Plan (CHIP) is being implemented. The CHIP is the culmination of seven months of hard work of over 60 dedicated community partners and leaders throughout the City. It lays the foundation for addressing some of the most challenging public health issues facing the City of Clifton. That is exactly what the Steps to a Healthier Clifton Coalition had in mind when reviewing the 2018 City of Clifton Community Health Assessment. They identified three (3) priority areas to be addressed in the CHIP; obesity, neighborhood safety, and maternal and infant health. The CHIP identifies strategies to address these priority issues and ultimately improve the quality of life for all Clifton residents.

I am also proud to announce that we have renewed our shared services contact with the Township of Little Falls. The Health Department looks forward to continue offering its quality services to Little Falls residents.

Finally, I am proud to announce that the City of Clifton’s Community Health Assessment has won an award in the 58th Annual Municipal Public Information Contest: Best Special/Innovative Media! The Health Department and its dedicated and professional staff look forward to continuing to serve the Clifton and Little Falls communities.

Why Juul is Not Cool and What Your Health Department is Doing to Fight the Vaping Epidemic

If you have watched the news recently, there is a good chance you have heard about “mysterious lung diseases” afflicting hundreds of teens and young adults. You probably have also heard that there have been at least 37 deaths resulting from this disease. The one thing that these individuals had in common is that they all vaped at one point or another; most commonly, they reported “Juuling” and that the reasons for the sickness can be attributed to one or more contaminants found in the e-liquid these individuals have vaped. So what’s the big deal with Juuls? Juul is a brand of e-cigarette that continues to dominate the two billion dollar e-cigarette market. Unfortunately, we know that juuls are especially popular with our youth because of its sleek and discreet look, its ability to be recharged on a laptop or wall charger, and its liquid-filled cartridges that come in
Juuling Epidemic (cont.)

popular flavors like cool mint, creme brulee, and fruit medley. Since juuls are small, discreet, and closely resemble a USB drive, this makes them easy to hide. Teachers and school administrators across the nation are finding students juuling when their backs are turned: students can take a hit, blow the small, odorless puff of smoke into their jacket or backpack, and continue their school work in a matter of seconds. This is not just occurring in classrooms, the bathroom has been dubbed the “Juul Room”, where many students go to subtly vape. Juuling is especially dangerous as middle and high school students are unknowingly becoming addicted to nicotine at an alarming rate. Especially recently, public health and medical professionals have become very concerned with the safety of these devices, particularly with the dangerously high levels of nicotine it can deliver. The amount of nicotine in one juul pod is the equivalent to the nicotine found in a full pack of cigarettes. Since teens usually use more than one pod in one sitting, they are unknowingly being exposed to very dangerous levels of nicotine that can have immediate and long-term health consequences. Not only is nicotine highly addictive, but it is known to impair brain and lung development especially when used during adolescence. Unfortunately, it seems that juuls are not replacing cigarette smoking but rather encouraging it; in fact, a 2017 study found that non-smoking adults were four times more likely to start smoking traditional cigarettes after only 18 months of vaping, which includes juuling.

Another reason why the juul is a unique threat to teens is because of its unique formula of nicotine. While other brands of e-cigarettes use a chemically modified form called "freebase nicotine," juuls use "nicotine salts" that more closely resemble the natural structure of nicotine found in tobacco leaves. This makes the nicotine more readily absorbed into the bloodstream and makes the vapor less harsh so that it is easier to inhale more nicotine for longer periods of time. Beyond the danger of nicotine, other dangerous chemicals, such as formaldehyde, acetaldehyde, diacetyl and even lead have been found in samples of juul aerosol tested. These chemicals have already been linked to a number of respiratory issues, kidney problems, and cancers.

By 2016, nearly 4 in 5 middle and high school students saw an advertisement for an e-cigarette/Juul. More than 20 million youth have been exposed to ads. They are dispersed everywhere you go: in retail stores, on the internet, especially social media, and in magazines. We know that advertising has been cited as a huge factor in making these devices appealing enough for youth to try. While the FDA and state agencies are in the process of taking their own actions to fight this epidemic, you may be wondering what your local health department is doing as well. Check out Page 4 for more on what the Health Department is doing about the Juuling Epidemic!

Flu and You: Are you Prepared this Season?

The Clifton Health Department will be offering seasonal flu vaccines beginning through October. Flu vaccines are available to Clifton and Little Falls residents only. Consent forms will be available online at www.cliftonnj.org, the Clifton Health Department, Main Memorial Library and Allwood Library in Clifton, and the Little Falls Municipal Building. Bringing a completed consent form to a flu clinic should expedite your visit. The seasonal quadrivalent flu vaccine offers protection against four (4) different strains of the flu virus. A limited number of “high-dose” trivalent flu vaccines will be available to those 65 years of age and older. The “high-dose” flu vaccine offers protection against three (3) strains of the flu, but is designed to give a bigger boost to the immune systems of those 65 years of age and older. The standard flu clinics will be open to residents 6 years of age and older and do not require appointments. Standard flu clinics will be held at the Clifton Health Department Clinic located at 900 Clifton Ave., 2nd Floor, in Clifton on the following dates:

- Wednesday, 11/6: 10:00 am to 11:00 am
- Thursday, 11/14: 2:00 pm to 3:00 pm

Standard flu clinics are also be held in Little Falls. Children 6 months through 5 years of age can be accommodated by appointment only through the Clifton Health Department’s Children’s Monthly Immunization Clinic. Please call 973-470-5770 to register in advance.

If you have any additional questions, please call the Health Department at 973-470-5760.

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<tr>
<th>Symptoms of Flu</th>
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<td>Fever</td>
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<td>Cough</td>
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<td>Sore Throat</td>
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<tr>
<td>Runny or Stuffy Nose</td>
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<tr>
<td>Headache</td>
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<td>Fatigue</td>
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#FIGHTFLU
Clifton's Cream of the Crop Awards

The Clifton Health Department has created the Cream of the Crop award to recognize qualified retail food establishments in the City of Clifton. The recipients were recognized at the March 12, 2019 Board of Health meeting held at Clifton City Hall.

Cream of the Crop Awards were given to Risk Type 3 Food Establishments who have shown consistent dedication to food safety and sanitation standards. A Risk Type 3 Food Establishment has an extensive menu which requires adhering to advanced food safety practices including cooking, cooling, and reheating at least three or more potentially hazardous foods.

Eligibility Criteria:
In order to be eligible and receive the Cream of the Crop Award, a retail food establishment must:

1. Possess a valid food retail license.
2. Be a Risk Type III.
3. Actively be involved in the sale of food items, prepared on site, to the public.
4. Must have thirty-six consecutive months of satisfactory ratings.
5. Must have a person on staff that is in possession of a Food Protection Manager certificate from one of three courses recognized by the New Jersey Department of Health and Senior Services. The following three courses are recognized:
   - SERVSAFE – National Restaurant Association – Educational Foundation
   - National Registry of Food Safety Professionals
   - Thompson Prometric
6. Must have a history of consistent compliance and dedication in regards to food safety and sanitation standards.
7. Must demonstrate knowledge in regards to food borne disease and illness prevention, HAACP principles, and the requirements set forth in NJAC 8:24 Chapter 24.

The following restaurants were recognized:

- Alexus Steakhouse & Tavern, 955 Valley Rd., 07013
- Applebee’s Neighborhood Grill, 375 Route 3 East, 07014
- China House, 402 Lexington Ave., 07011
- Chris Casey & Company, 157 5th Ave., 07011
- Con Sabor A Peru, 109 Lakeview Ave., 07011
- Happy Garden, 1154 Main Ave., 07011
- Henry’s Delicatessen, 1224 Van Houten Ave., 07013
- Homemade Pirogi, 1295 Main Ave., 07011
- Instanbul Café & Restaurant, 1378 A Main Ave., 07011
- It’s Greek To Me, 852 Route 3 West, 07012
- Jaimito’s O.K. Rico Restaurant, 389 Lexington Ave., 07011
- Jamie’s Restaurant, 915 Bloomfield Ave., 07012
- La Nona Restaurant, 405 Lexington Ave., 07011
- Mario’s Restaurant, 710 Van Houten Ave., 07013
- Matthew’s Italian Restaurant, 1131 Bloomfield Ave., 07012
- Mighty Quinns BBQ, 850 Route 3 West, 07012
- Noches De Colombia, 1 Village Square East, 07011
- Rutt’s Hut, 413-417 River Rd., 07014
- Shannon Rose Irish Pub, 98 Kingsland Rd., 07014
- Sodexo Operations, 77 River Rd., 07014
- Spuntino Italian Tapas & Wine Bar, 70 Kingsland Rd., 07014
- T.G.I. Friday’s, 826 Route 3 West, 07012
- The New Corral, 499 Hazel St., 07011
- Uno Chicago Grill, 426 Route 3 West, 07014
- Valley Regency, 109 Valley Rd., 07013
- Villa Pizza, 290 Lakeview Ave., 07011
- Zinburger Wine & Burger Bar, 850 Route 3 West, 07012

These restaurants have three consecutive years of satisfactory inspections in accordance with the New Jersey State Administrative Code (Chapter 24) and City of Clifton local ordinances for a Risk Type 3 Food Establishment.
Measles: Not Just a Childhood Problem

While there have been no reported cases here in the City of Clifton, the Health Department would like to remind residents to be aware of measles and take the precautions to protect themselves against the disease.

Measles is a very contagious viral disease that has the potential for several serious complications and even death. When an infected person talks, coughs, or sneezes, the virus is released into the air and enters another person’s body through the nose, mouth, and throat. People can also become sick if they come into contact with the mucus or saliva of an infected person. The measles virus can also live on infected surfaces and in the air for up to two hours. Measles can spread before people realize they have the disease. People can spread the disease up to four days before they develop the measles rash, which is a rash of tiny red spots that start at the head and spread downward to the neck, trunk, arms legs, and feet. Other symptoms of measles include high fever, cough, runny nose, red, watery eyes, and loss of appetite.

It is important to remember that measles is a vaccine-preventable disease. The measles vaccine is given in combination with the vaccines for mumps and rubella. This vaccine (MMR) follows a two-dose schedule (one shot at 12 months and a second shot at four to six years of age). The best action you can take is to know your status. Call your healthcare provider to find out if you’ve already been vaccinated against measles, and if not, speak to him/her to determine the best course of action for you. For more information on measles, contact your health care provider, or visit the New Jersey Department of Health’s website at http://www.nj.gov/health or the Centers for Disease Control and Prevention website at http://www.cdc.gov/measles/index.html.

What is the Health Department Doing to Fight the Vaping Epidemic?

Since 2016, your Health Department has been committed to vigorously educating youth from 6th grade to 12th in Clifton and Little Falls schools on the dangers of vaping and Juuling. In 2018, the Health Department conducted 10 Health Education Programs on the Dangers of Vaping, Juuling and cigarettes, for CCMS, WWMS, CHS, School #1 in Little Falls, and for members of the Essex-Passaic Wellness Coalition. In doing so, we reached approximately 1,500 middle school students, 500 high school students, and 40 public health professionals. In 2019, we’ve conducted 5 more Health Education Programs targeting 1,500 middle school students and 20 parents of CCMS students. This fall, we will be going back to our schools to reinforce the dangers of these devices.

This past summer, the Health Department also reinstated its Clifton Tobacco Age of Sale Enforcement (C-TASE) Program as a way of cracking down on convenience stores illegally selling electronic cigarettes to minors. In the state of New Jersey, an individual must be at least 21 to purchase an electronic cigarette. Throughout this program, a Health Department representative accompanied two underage students and sent them into tobacco retailers all over Clifton to attempt to purchase tobacco products and determine whether or not they would be asked for their identification as per New Jersey State Statute Title 2C Section 33-13.1. In total, nearly 1 in 5 places sold to our students without requesting identification. This is very significant; when you crunch the numbers, it shows you that 22%--nearly 1 in 5--places in Clifton have illegally sold tobacco to our underage youth. The Health Department also noted any illegal tobacco advertisements at various establishments, particularly those within 1,000 feet of a youth-attended location (e.g. school, daycare, park) and informed the owner they needed to be removed.

October is Breast Cancer Awareness Month!

Breast cancer begins when the cells in the breast begin to grow too quickly; it can be found on an x-ray or can be felt as a lump. Aside from skin cancer, breast cancer remains the most common cancer among women in the United States according to the Centers for Disease Control and Prevention (CDC). Though the number of deaths due to breast cancer has decreased in the last few years, it is the second leading cause of cancer death among women overall, and the leading cause of cancer death among Hispanic women. In the United States, the average age when women are diagnosed with breast cancer is 61. Men who get breast cancer are diagnosed usually between 60 and 70 years old. The main factors that influence your risk of getting breast cancer are being a woman and getting older. Other risk factors may include changes in breast cancer-related genes, having your first menstrual period before age 12, never giving birth, or being older when your first child is born, starting menopause after age 55, taking birth control pills, dense breasts, a family history of breast cancer, receiving radiation therapy to the breast or chest, and being overweight.
A community health assessment identifies and describes factors that affect the health of a community, and the available resources to address those factors.

### WHY CONDUCT A COMMUNITY HEALTH ASSESSMENT?

1. Identify current and emerging health issues
2. Provide information to the community and local partners
3. Set the foundation for future programs, services, and grants

### Population Demographics

**2018 Population**

86,600

**Languages Spoken Other Than English:**

*Clifton is the third most linguistically diverse city in the nation.*

(wallethub.com, 2018)

- 28.9% Spanish
- 4.9% Arabic
- 3.8% Polish
- 2.4% Gujarati

<table>
<thead>
<tr>
<th>City of Clifton</th>
<th>Passaic County</th>
<th>State of New Jersey</th>
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</thead>
<tbody>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td><strong>Race/Ethnicity</strong></td>
<td><strong>Race/Ethnicity</strong></td>
</tr>
<tr>
<td>68% White (Non-Hispanic/Latino)</td>
<td>65.2% White (Non-Hispanic/Latino)</td>
<td>69.9% White (Non-Hispanic/Latino)</td>
</tr>
<tr>
<td>37% Hispanic/Latino</td>
<td>40.5% Hispanic/Latino</td>
<td>19.7% Hispanic/Latino</td>
</tr>
<tr>
<td>7.3% Black/African American</td>
<td>13.6% Black/African American</td>
<td>14.8% Black/African American</td>
</tr>
<tr>
<td>10.7% Asian</td>
<td>6.1% Asian</td>
<td>10.3% Asian</td>
</tr>
<tr>
<td>1% American Indian/Alaska Native</td>
<td>1% American Indian/Alaska Native</td>
<td>0.7% American Indian/Alaska Native</td>
</tr>
<tr>
<td>0.1% Native Hawaiian/Other Pacific Islander</td>
<td>0.1% Native Hawaiian/Other Pacific Islander</td>
<td>0.1% Native Hawaiian/Other Pacific Islander</td>
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</tbody>
</table>

| **Age** | **Age** | **Age** |
| 18 or Under - 27% | 18 or Under - 23.9% | 18 or Under - 22% |
| 65 or Older - 14.8% | 65 or Older - 14.2% | 65 or Older - 15.8% |

| **Education** | **Education** | **Education** |
| 88% High School Diploma | 83% High School Diploma | 88% High School Diploma |
| 32% Bachelor’s Degree | 27% Bachelor’s Degree | 38.1% Bachelor’s Degree |

| **Median Household Income** | **Median Househod Income** | **Median Household Income** |
| $74,963 | $63,339 | $76,475 |

| **Poverty (Percentage Living Below the Poverty Level)** | **Poverty (Percentage Living Below the Poverty Level)** | **Poverty (Percentage Living Below the Poverty Level)** |
| 9.5% | 17% | 10.7% |

| **Health Insurance (Percentage Living Without Health Insurance)** | **Health Insurance (Percentage Living Without Health Insurance)** | **Health Insurance (Percentage Living Without Health Insurance)** |
| 11.7% | 13.9% | 9.7% |

| **Owner-Occupied Housing Units** | **Owner-Occupied Housing Units** | **Owner-Occupied Housing Units** |
| 59.7% | 53.5% | 64.1% |

**Get In Touch With Us**

Clifton Health Department
900 Clifton Avenue
Clifton, NJ 07013

Phone: 973-470-5760
Fax: 973-470-5768

Visit our website: [www.cliftonnj.org](http://www.cliftonnj.org)

Like Us On Facebook: [www.facebook.com/cliftonhealth](http://www.facebook.com/cliftonhealth)

Follow Us On Instagram: [@cliftonhealth](https://www.facebook.com/cliftonhealth)
Community Health Status: Existing Data
Focus Groups
Key Informant Interviews
Community Voice Survey

Built Environment Assessments
Local Public Health System Assessment
Forces of Change Assessment

City Health Dashboard - 500 Cities Data
Developed by NYU Langone Health, with funding from the Robert Wood Johnson Foundation, City Health Dashboard offers data on 37 health-related measures for the 500 largest U.S. cities.

New Jersey State Health Assessment Data (NJSHAD)
Clifton Police Department Data

Data Collection Methods

Sources of Existing Data

City Health Dashboard

Clifton is doing **better** than the 500-Cities average on:
- High School Graduation
- Absenteeism
- Income Inequality
- Violent Crime
- Racial/Ethnic Diversity
- Children in Poverty
- Unemployment
- Neighborhood Racial & Ethnic Segregation
- Park Access
- Walkability
- Limited Access to Healthy Foods
- Binge Drinking
- Smoking
- Frequent Mental Distress
- Opioid Overdose Deaths
- Cardiovascular Disease Deaths

Clifton is doing **worse** than the 500-Cities average on:
- Diabetes
- Frequent Physical Distress
- Obesity
- Life Expectancy
- Premature Deaths (all causes)
- Dental Care

Focus Group Themes (80 participants)
- Limited Access to Programs & Services
- Need for Neighborhood Safety Improvement
- Limited Community Engagement
- Variation in the Value of Ethnic & Cultural Diversity
- Rising Homelessness
- Environmental Health Concerns

Key Informant Interview Themes (14 participants)
- Mental Health
- Obesity/Nutrition
- Drug Abuse
- Cancer

Community Voice Survey Themes (376 participants)
- Roads
- Community Safety
- Pedestrian Safety
- Community Pride
- Health Insurance
- Mental Health Care
- Education
- Air Quality
- Exercise Opportunities
- Housing

Overall Community Health Assessment Priorities Identified
- Affordable Housing/Homelessness
- Environmental Health
- Lack of Healthcare & Health Insurance
- Limited Access to Services, Lack of Access to Resources & Lack of Preventive Services
- Neighborhood Safety
- Obesity, including Nutrition & Physical Activity
- Cancer
- Education
- Drug & Alcohol Abuse
- Maternal & Infant Health
- Mental Health
- Variation in the Value of Ethnic & Cultural Diversity

What’s Next?
The Clifton Health Department is working with community partners and stakeholders to develop a Community Health Improvement Plan (CHIP). The CHIP will be based on the health priorities identified in the Community Health Assessment and will lay a foundation for an action plan to improve the health of the Clifton community. The full Community Health Assessment can be downloaded on the Clifton Health Department’s website: [www.cliftonnj.org/notices/214649c](http://www.cliftonnj.org/notices/214649c)

Acknowledgements
- Clifton Health Department
- Partners for Health Foundation
- Ounce of Prevention Consulting
- Strategic Health Solutions
- North Jersey Health Collaborative
- Montclair State University, Center for Research & Evaluation on Education & Human Services
- Montclair State University, Department of Public Health
- Steps to a Healthier Clifton Coalition

Source
2018 City of Clifton Community Health Assessment
Veggie Mobile

Are you looking for fresh, organic, and affordable produce in your area this fall? If so, stop by City Green’s Veggie Mobile, which has been visiting Clifton City Hall every Wednesday from 11:00 am to 1:00 pm until November 13th! Look for the Veggie Mobile at Clifton City Hall, 900 Clifton Ave., Parking Lot #4 in Clifton. Local residents and surrounding communities are encouraged to visit the Veggie Mobile. The Health Department has been on site each week offering samples of delicious recipes (e.g. Lemony Arugula Pesto, Healthy Carrot Cake Muffins, Tomato and Cucumber Salad, and much more!) that feature organic produce grown at City Green.

City Green is an urban agriculture and environmental education nonprofit that grows fresh fruits and vegetables and distributes them throughout northern New Jersey. Part of their mission is to bring fresh produce to urban areas where customers do not have many options. The Veggie Mobile is a refrigerated vending truck that helps achieve this goal. The Veggie Mobile sells a variety of produce items depending on the season. In the summer season, you can find tomatoes, zucchini, green beans, cucumbers, melons, beets, carrots, peppers, a variety of greens, and more. During the fall, you will find green beans, cabbage, cauliflower, chard, peppers, potatoes, turnips, and pumpkins, and much more. All of the produce grown by City Green is organically-grown, natural, and local - it comes straight from the farm located on Grove Street in Clifton.

City Green staff will be on hand to assist customers, answer any questions, and offer recipe ideas. As part of City Green’s mission of “growing healthy cities,” the Veggie Mobile also accepts WIC, SNAP, and Senior voucher benefits so everyone can afford to shop there. Through the Double Bucks program, customers’ benefits dollars are doubled, meaning that shoppers using SNAP, WIC, or Senior vouchers can get twice the amount of produce for the same cost.

The Clifton Health Department is looking forward to working with City Green to increase community access to local, fresh and affordable produce, encourage residents to try different produce items they might normally be hesitant to try, and empower them to incorporate healthy fruits and veggies into their diets.

Have you visited the City of Clifton’s Rain Garden?

The Clifton Green Team/Environmental Commission in collaboration with AmeriCorps New Jersey Watershed Ambassador planted Clifton City Hall’s First rain garden on Thursday, May 16, 2019, located at 900 Clifton Avenue. The rain garden was planted next to the Clifton Arts Center and Sculpture Park. This location was chosen because there is water runoff from the parking lot but also the City Well. There is a metal drain that collects the excess water when residents fill up their containers for the well. The rain garden site absorbs the excess runoff and filters the water as it drains. This project took many months of planning. We received a cash donation to buy plants and also got donations of plants from Home Depot and a local nursery in Clifton called Richfield Farms. The Clifton DPW helped assisted in the project by having their crew to dig up the area to plant the rain garden. DPW also dug the trench to extend the well water runoff. The Clifton Recreation Department assisted by providing all the tools to plant the rain garden.

Watershed Ambassador provided training to the Clifton High School Environmental Club. They were invited to help plant the rain garden but they were unable to make it due to a conflict in a school schedule. The Green Team started the June monthly meeting at the Rain Garden to show all the members the Rain Garden and explained how it works. The Clifton Health Department will maintain the rain garden by weeding and watering the garden if needed.
The City of Clifton has a well-established and award-winning recycling program that continues to use a source separation collection system. Clifton provides two ways to recycle, curbside pick-up to its residences and businesses, or a drop-off center at the Recycling Depot located on City Hall property. This approach continues to make Clifton a more sustainable community. The City of Clifton promotes education for its residents about Recycling and Waste Reduction. Yearly, the City mails out the Recycling Guide to all taxpayers and the Guide is always available at Clifton City Hall and DPW and also available on the City website. The City recently designed an Accepted Materials Flyer and an easy to read Informational graphic about recycling in the City; Website and Social Media posts are targeted to educate the public with information.

The City of Clifton annually hires a performance company that educates the Clifton students (Kindergarten through 8th Grade) on Litter Abatement, Recycling, and Storm Water Awareness.

The City of Clifton promotes the Recycle Coach App on the City’s website and through social media posts. The information about Recycle Coach is given to residents when they call both the DPW and Health Department.