

# LIVING GREEN

## Education for a Healthy Future

December 2014

VOL #1 ISSUE #4



*Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. – Margaret Mead*

### LOCATED:

SNAP ARMORY  
212 W. SECOND AVE, STE 100  
SPOKANE, WA. 99201

### DO YOU WANT TO KNOW MORE ABOUT THE LIVING GREEN PROGRAM?

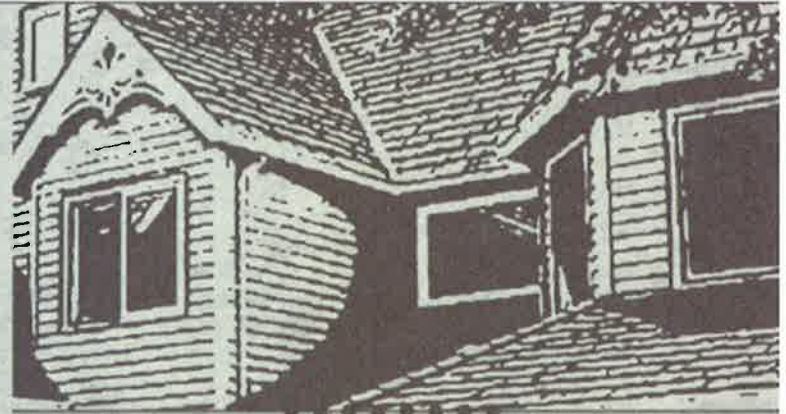
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**[www.livinggreensnap.org](http://www.livinggreensnap.org)**



## WELCOME BACK LIVING GREEN!

Some of you may remember the popular Living Green program! After receiving multiple community requests for our programs, we are back and greener than ever.

Living Green's mission is to empower all people to live in a safe, comfortable, healthy environment through sustainable education. Our goals are to: reduce household costs, conserve natural resources and maintain a safe, comfortable healthy home. We provide educational resources on: Solid Waste Reduction, Energy and Water Conservation, Do It Yourself Minor Home Repairs and Healthy Homes.

If you feel the same way, come attend a free, workshop, visit our website, sign up to receive our bi-monthly newsletter or volunteer.

# LIVING GREEN FOR THE HOLIDAYS

## WATER SAVING HOLIDAY PARTIES

Those of us living in the Inland Northwest haven't felt the pinch of recent droughts across the country, but still can celebrate water conservation by following tips throughout the year.

- Provide enough time to defrost food in the refrigerator rather than using the cold water method that requires changing the water every 30 minutes.
- When washing vegetables use a large bowl of water to rinse them rather than running the water. This water can then be reused for your garden or indoor plants.
- If you are running out of space to cook on the stove try using a strainer over boiling water for items that you want to steam (like vegetables). You will use one less burner and cook two things with one burner. Once the water has cooled you can use it for a soup base or water your garden.
- Place a pitcher of cold water on the table and allow guests to help themselves.
- Ask your guests to bring their own take away containers, so that you don't end up with food waste. According to the *Water Footprint Network* it takes more than 500 gallons of water to produce 1 lb. of turkey. In the U.S. we waste about 204 million lbs. each year that equals to nearly 105 billion gallons of water wasted.
- Make sure to scrape any food scraps instead of rinsing them.
- Keep a watering can by your sink for the half full glasses of water after dinner. You can save this water for plants or pets.
- Put full loads in dishwasher. If hand washing dishes, use one sink for rinse water and one sink for soapy water. Let dishes air dry.



Photo Courtesy of: Lake Metroparks

*We should live every day like it is a holiday, being thankful and spending time with family, and looking hopefully to the future.*

*~ Unknown*

## Spokane County Tree Farms

Camden Ranch  
1521 Williams Rd, Elk, 292-2543

Dietz Tree Farm  
17714 N. Day Mt. Spokane Rd, Mead, 342-1425

Carver Farms  
9105 N. Idaho Rd, Newman Lake, 226-3602

Hansen's Green Bluff Orchard  
8215 E. Green Bluff Rd., Colbert, 238-4902

Greenbluff Tree Farm  
8022 E. Greenbluff Rd, Greenbluff, 238-6742

Holly Lane Tree Farm  
14012 N. Norman Rd, Spokane, 928-5970

# LIVING GREEN FOR THE HOLIDAYS



**KEEP  
CALM  
AND  
TAKE SHOES  
OFF**

## HEALTHY HOLIDAY PARTIES

*Adopt a Shoes Off Policy!*

This winter there may be more arriving into your home than just party guests. Guests track into your home dust, dust mites, etc. on the bottom of their shoes. Adopt a Shoes Off Policy! Good Morning America performed an investigation in 2008 that uncovered what is at the "bottom" of this issue. Read more about this study at <http://abcnews.go.com/GMA/Consumer/story?id=5177409>.

After testing eight different people's shoes for bacteria, they found as many as 66 million bacterial microorganisms were being tracked into homes. Some of these bacteria can potentially cause infections of stomachs, eyes and lungs. Young children are the most susceptible to these germs, because they play on the floor or put hands in their mouth. There are suggestions on ways to make a shoes-off policy palatable to houseguests during the holidays:

- Inform guests ahead of time about the shoes-off policy and how important it is to you.
- Throw a "sock" hop or an "ugly" sock party.
- Provide shoe booties or slippers for guests to wear while in your house.
- Post a sign on the door, so people will be reminded before entering your home.

## SPACE HEATERS

*To Use or Not To Use? That is the question!*

The winter heating season is upon us in the Inland Northwest and that means turning up our thermostats. What do you do when your main heating system is inadequate, costly or needs repair? Many turn to purchasing a space heater. Before you purchase one keep in mind:

- Models come in electric, propane, natural gas and kerosene.
- They rely on either convection (circulation through the room) or radiant heating (infrared).
- Best models draw minimal electricity and provide maximum heat.
- Make sure that it is certified by Underwriter Laboratories (UL).
- Should have an auto shut-off feature to prevent overheating and potential fire if knocked over. There should also be a thermostat to avoid energy waste and overheating.
- Select a model that fits the size of the area wishing to heat.
- Plug directly into a wall outlet and not an extension cord. If you have to use an extension cord, make sure that it is short, heavy duty cord of 14-gauge wire or larger.
- If you purchase a model with a fuel source (i.e.: kerosene, propane, or natural gas) make sure to follow manufacturer's instructions to prevent exposure to harmful combustion pollutants.
- Have combustion space heaters inspected each year.

# WASTE REDUCTION

*What do you do with that tree after the holidays?*

In Spokane County, there are several options:

- 1) Local school groups and scout troops offer Christmas tree recycling as a way to raise money. You may drop them off for about \$7, or have them picked up for about \$10. Watch the local news for locations.
- 2) The city of Spokane offers a free curbside pickup to recycle Christmas trees. Just leave fresh-cut trees without decorations or flocking, at least 3' away from regular garbage and recycling bins. If the tree is higher than 6', cut it into pieces measuring less than 6'. Loose branches can be bundled next to the tree. The trees will be collected for free and sent to a composting facility where they will be chipped and turned into garden compost.
- 3) Recycling Facilities - for a minimum \$5 charge, drop off undecorated trees at 3 county recycling centers:
  - Waste-to-Energy facility, 2900 S. Geiger Blvd.
  - Spokane Valley Transfer Station, 3941 N. Sullivan Road
  - North Side Transfer Station, 22123 Elk-Chattaroy Road
- 4) For more information about tree disposal, contact the city's Solid Waste Management department at (509) 625-7878.

## **Further Resources:**

National Christmas Tree Association, [www.realchristmastrees.org](http://www.realchristmastrees.org)  
Spokane Cares, <http://spokanecares.org>



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**Shipping Address**