

Living Green is making choices in our day-to-day lives that reduce our impact on the environment and move us in the direction of a sustainable lifestyle – one that is healthy, ecologically sound, economically viable and socially just.

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A recycling demo for kids age 7-10 at Camp Reed.

It has been a while since we've taken the time to describe the Living Green program. Some of you may not know we offer much more than just this newsletter.

Living Green is 1 of over 30 programs offered by SNAP, a private non-profit Community Action Agency (CAA). CAAs were established under the Economic Opportunity Act of 1964 to help people to help themselves in achieving self-sufficiency. Today there are roughly 1000 CAAs throughout the U.S.

SNAP has offered weatherization services in Spokane County for many years. Among other things, we insulate homes and address home health & safety. Because behavior strongly impacts energy consumption, safety and power bills, we always provide energy conservation instruction side-by-side with weatherization.

8 years ago, with funding from the Dept. of Ecology, we also began offering information about non-toxic cleaners, waste reduction, and sustainable practices. Thus, Living Green with SNAP was formed.

**Always mindful of our roots in community action, Living Green empowers citizens to make informed changes in**

**their lives and in our community.**

We offer a broad education curriculum but we always begin with energy conservation. Our **Conservation Education Class** focuses on saving energy at home and lowering expensive power bills. Each income-qualified participant receives a free "energy kit" containing a low flow showerhead, weather stripping, compact fluorescent light bulbs, and much more.

Green cleaning is an important and popular topic covered in our **Living Green Class**. Participants learn to eliminate the use of costly household cleaners made with hazardous chemical ingredients. We also address recycling, composting and being smart shoppers.

A **Living Green Home Gatherings** is facilitated by us, but hosted at a participant's home. This is a casual gathering of folks who are eager to learn and discuss ways of implementing sustainability ideas.

We also offer **Organic Gardening, Sustainable Landscaping, and Do it Yourself Weatherization**.

To attend a class, host a class, have a home gathering or become a volunteer, give us a call at 744-3370 ext 242.

## FARMER'S MARKETS

### Airway Heights Market

Fridays, 9am-1pm. At Hwy 2 and Lundstrom St.

### Cheney Farmer's Market

Tuesdays 3pm-7pm; and Saturdays 10am-3pm. At First St and College Ave.

### Liberty Lake Farmers Market

Saturdays 9-1pm. 1421 N Meadowwood.

[www.Spokanemarkets.org](http://www.Spokanemarkets.org)

### Millwood Farmers' Market

Wednesdays 3-7pm. 3223 N Marguerite Rd.

[www.millwoodmarket.org](http://www.millwoodmarket.org)

### Montfort Farmer's Market

Thursdays 4-7pm. Five miles north of Wandermere, one mile west of Hwy 395, on Monroe Rd, Colbert, WA.

### PEACH Community Farm Stand

Thursdays 4-7pm at One World Spokane Garden behind the café at 1804 E Sprague.

### Riverfront Farms Market

Tuesdays 10am-1pm. At Christ the Redeemer Church at W Broadway and N Walnut.

### South Perry Farmers' Market

Thursdays 3-7pm. 924 South Perry St.

### Spokane Farmers' Market

Saturdays & Wednesdays 8-1pm, 5<sup>th</sup> Ave between Brown and Division.

[www.Spokanefarmersmarket.org](http://www.Spokanefarmersmarket.org)

### Spokane Northside Market

Wednesday 4-7pm, Saturdays 9am-1pm. 315 E Francis.

## THE 2010 GREEN FESTIVAL IN SEATTLE

Seattle's annual Green Festival



took place this year on June 4<sup>th</sup>-6<sup>th</sup> and the staff of SNAP's Living Green got to be a part of it all! From information booths, to excellent sustainability seminars, to pilot episodes of the latest grassroots television show, "Mission: Sustainable", the 2010 Green Festival had much to offer. A joint project of Global Exchange and Green America, the festival celebrates all green strides in the community that promote positive change for people, business and the environment.

This year, William Ayers and

Bernadette Dohrn held a joint discussion about

the "move toward long-term peace and justice", beginning with the creation and sustainability of thriving local communities. It takes the decisions and actions of individuals to make long-lasting, positive change in a community.

The Green Festival is an annual event that takes place in Seattle, Chicago, Washington D.C. and San Francisco. Each year, new speakers and participants share the latest information on the green movement and provide excellent resources for all visitors.

## THOUGHTS ON MINERAL OIL

When it comes to green living, a lot of focus is placed on reducing our cultural dependence on oil. And many make the effort to cut out the variety of products directly made from petroleum.

So when giving a Living Green presentation on beginning organic gardens earlier this year and one of the bug repellent recipes included mineral oil, one participant pointed out that it seemed to contradict the principals of living sustainably. Perhaps she is right.

Mineral oil is recommended in several homemade recipes for cleaning, bug sprays, and wood furniture treatments. Is this sustainable? What is this stuff?

Mineral oil is a byproduct of

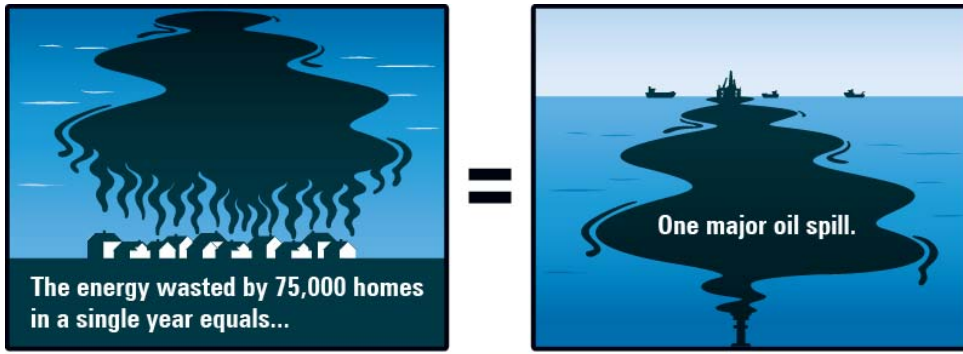
the distillation of crude oil to produce gasoline and other products made

from petroleum. It is used in the food, cosmetics, and industrial industries depending on the level of refinement. In the food industry it is the most distilled and is regulated by the FDA.

Unlike many petroleum distillates, this product purportedly contains no cancer-causing carcinogens, and so it is widely used in beauty products. While some people believe that nothing can compare to mineral oil for moisturizing skin (think



## THE GULF OIL SPILL VS. HOME WEATHERIZATION



Cost of the Gulf Oil Spill clean up.....\$40 Billion

Cost to retrofit 75,000 homes for energy efficiency.....\$1 Billion

EnergySavvy.com

There are over 100 million homes in the U.S. and most of them use energy inefficiently because they're not well insulated, air sealed, or maintained with efficiency in mind.

It's hard to imagine what wasted energy really looks like, but now we have an example in the Gulf Oil Spill. Consider this: the energy contained in the spill is equal to the energy that 75,000 typical homes waste in *just one year*.

Seventy-five thousand homes - the number of homes in a single mid-sized U.S. city like Spokane - represent less than 0.1 percent of all single-family homes in the U.S. Imagine that; the energy efficiency acquired by weatherizing all the homes in Spokane could save the equivalent of the entire Gulf Oil Spill every year, year after year.

**Weatherization is truly a bargain compared to the spill's environmental damage, cleanup and waste.**

SNAP's Weatherization Program uses high-tech and low-cost methods to maximize the efficiency of homes. These techniques include adding insulation, air sealing, and occasionally replacing inefficient furnaces.

President Obama's plan to weatherize 1 million homes this year is ambitious; however, the resulting energy savings will be significant. SNAP's Housing Improvements Program is part of this effort. With federal stimulus money this year, we will weatherize almost twice as many homes than any previous year.

*Is your house wasting energy?* Find out right now with the online energy efficiency estimate tool at EnergySavvy.com And if you're looking to do home energy upgrades, make sure you take advantage of all the utility energy rebates and government tax credits designed to help pay for it, or check with SNAP to see if you qualify for our program.

## SPOKANE CITY VOTES IN FAVOR OF SUSTAINABILITY

On June 28, 2010 the Spokane City Council voted to adopt the Sustainability Action Plan as the official policy to address climate change and energy security. When the plan was proposed a year ago, the council only had enough support to move to "accept" the plan. This move kept the plan available as an option, but has now been accepted as a planning document for city operations. The vote was 5-2.

The Sustainability Task Force was formed by members of the community and with the help of many volunteers they composed the Sustainability Action Plan. The plan recommends ways to make city operations more efficient and less energy intensive. It also has encouraged fuel diversity and alternative vehicles for the city fleet.

The goals for greenhouse gas emissions reduction also passed. These goals are meant for both the city and the community and the first step is to reduce levels to 7% below 1990 levels by 2012. It also prescribes continuously reducing emissions each year by 1.2% to stay ahead of the Washington State emissions reduction goals for getting to 50% below 1990 levels by the year 2050.

# UPCOMING EVENTS

**7/7 Cooking Class** at One World Café Spokane. *Veggies: What Color Is Best for You?* 6-8pm; registration by donation. Call 270-1608.

**7/7, 7/21, 8/4, 8/18 Garden Parties** Evening block parties with potluck and music at the Farm-Eco house at 2605 W Boone Ave, 6pm each evening. Info: jobsnot-jails@hotmail.com

**7/10 Water Conservation Summit** Homeowners can learn about saving water in home landscapes. Call for more information, 921-9530.

**7/11 Summer Parkways** All of Howard Street from Riverfront Park to Corbin Park, 9am-1pm. Walk, bike, ride, activities and music. Summerparkways.com

**7/13 Spokane Green Drinks** at Eco Depot, 1326 E Sprague. 5:30 pm

**7/17 Eco Depot Solar Power Class** Learn the basics of solar power and what it takes to get started. Cost: \$35, includes materials and handouts. Call 924-8803.

**7/18 Spokane River Loop Hike** A 6-mile hike with the Lands Council is easy for all ages. About 2-3 hours; starts at 11:30am. Please RSVP to khall@landscouncil.org.

**7/20-22 Natural Resources Teacher Workshop** includes Project WET (projectwet.org) and Project Learning Tree, 9am-4pm. At Spokane County Conservation District, 210 N Havana. Call 321-3615. Registration form at <http://ecy.wa.gov/services/ee/>

**7/29 Free Community Picnic** Sponsored by the Womens' and Children's Free Restaurant, there will be food, games, and mu-

sic by Sammy Eubanks. 4-7pm. 1620 N Monroe, for info call 324-1995.

**8/4, 11, 18, 25 Cooking Classes** at One World Café Spokane. Classes for August will be: *The Fascination of Fruit; Whole Grains Vs. Refined Grains; Think What You Drink and Truth Behind Fast Food; Good Oils Plus Food Safety and How To Freeze Food.* Call 270-1608.

**8/22 Summer Parkways** See listing for 7/11.

**8/21 Unity in the Community** Riverfront Park, 10am-4pm. Annual event presents Cultural Villages, music, art, and community resources.

**8/26 Green Collar Jobs Summer Youth Graduation Ceremony** Block party/potluck, 6pm at 2605 W Boone Ave.

## Thoughts On Mineral Oil, cont'd

Vaseline and Baby Oil), others steadfastly avoid using products that include the substance. Potential side effects have been the subject of great debate over the years but the most common is that it can be an irritant for sensitive skin types.

Using products containing mineral oil is truly a personal choice. While some are perfectly comfortable using products that contain it, others prefer to avoid it completely. Fortunately, there are hundreds of alternatives available for those who seek them.



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