

LIVING GREEN

Education for a Healthy Future

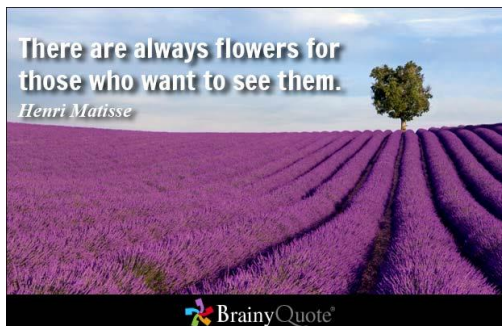
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There are always flowers for
those who want to see them.

Henri Matisse



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

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SUMMER WATER CONSERVATION TIPS

How much water does a leaking faucet waste?

Check your faucets at home -- do any of them drip? Well, maybe it's just a small drip -- how much water can a little drip waste? True, a single drip won't waste much water. But think about each faucet in your home dripping a little bit all day long. What if every faucet in every home on your block ... in your town ... in your state also dripped? The drips would add up to a flood of water wasted down the drain. There is no scientific definition of the volume of a faucet drip, but after measuring a number of kitchen and bathroom sink faucets, for the calculations below (numbers are rounded), we are going to use 1/4 milliliter (ml) as the volume of a faucet drip. So, by these drip estimates:

One gallon: 15,140 drips **One liter:** 4,000 drips

Looking at it this way, it seems like that drop of water down the drain is pretty insignificant. But, as you can see by using the calculator linked below, all those drops flowing in "real time" can really add up to a flood.

If you would like to know how much your faucet would waste, visit this [water drip calculator from USGS](#).

Drops to Watts

It takes a considerable amount of energy to deliver and treat the water you use every day. For example, letting your faucet run for five minutes uses about as much energy as letting a 60-watt light bulb run for 22 hours.

Heating water for bathing, shaving, cooking, and cleaning also requires a lot of energy. Homes with electric water heaters, for example, spend one-quarter of their electric bill just to heat water.

With climate change concerns, pervasive droughts, and high energy prices across the country, nearly everyone is looking for ways to conserve resources and cut costs. The good news is that by using a little "water sense" we can all save water, energy, and money.

Find out more [tips to improve your Water Sense](#).

LIVING GREEN SUMMER TIPS

SUMMER ENERGY TIPS:

- **"If it's hot, stay out of the kitchen!"** Cooking less in the summer saves energy! Take advantage of those cooler days to prepare extra meals and stash them in the freezer. If you have to cook inside, use the microwave, electric skillet, or a covered pot on the stove. Eat and drink cold foods such as: salads, fruits, sandwiches, hard-boiled eggs, bread, cheese, ice water or milk.
- **Energy Innovation Through Play**
The company "[Uncharted Play](#)", has invented two products that take advantage of children's innate desire to be outside and play. "Think out of bounds" is their motto. People can purchase a "Soccket" soccer ball or "Pulse" jump rope that generates renewable energy through hours of play.
- **"Lighting"** The lighting in your household accounts for about 11% of your monthly energy costs, so here are some tips to help you reduce that amount. Decorate with lighter colors that will reflect the daylight or keep curtains open so you can keep the lights turned off. Use smaller track lights, table or floor lamps for focused tasks instead of overhead lights.
- **"Electrical Safety"** Treat electricity with respect. Don't try shortcuts. Inspect cords and plugs regularly. DON'T use them if they are frayed, cracked, loose, etc. Use electrical appliances that are Underwriter's Laboratory (UL) approved. Don't use electrical appliances in wet areas. Don't take apart or repair something that is still connected. If you smell burning plastic or a switch feels warm, you may have a short or overload. PLEASE CALL AN ELECTRICIAN.

Energy Limerick

Written by: Matt Smith from Global Energy

There once was a woman so dour,
As her energy was drained in an hour,
That was 'til the once,
She tried demand response;
And now her demeanor has flowered.

SMART WATER USAGE in JULY

Watch this animated cartoon on the "[Groundwater Story](#)" from King County, WA.

AT the CAR WASH

If you need to wash your car during the summer months, make sure to wash them on the grass and not the pavement. Water and chemicals on a paved surface flows into the storm drain contaminating lakes & stream. If you don't have an unpaved area to wash your car, take it to an Envirostar certified business.

Gas Grill Troubles Making You Hungry?

This appliance sits outside in the cold and heat, rain and sun and takes a lot of punishment. This can cause your grill to act up and not work properly. Here are some tips on some of the most common problems with gas grills.

Safety 1st: Make sure to turn off tank valve and disconnect fuel source before doing any repairs.

- **Low flame, low temperature, yellow flame:**
Mostly caused from a sticky regulator that prevents enough gas to generate a good grilling temperature.
- **Uneven heating or hot spots:** You probably have a blocked burner. Use a wire brush to unclog and clean the holes.

LIVING GREEN SUMMER TIPS

REUSE THOSE OLD MAGAZINES

[Make a Magazine Bowl](#)



SUMMER WASTE REDUCTION TIPS:

- Before you purchase those paper plates for your outdoor events consider: carbon emissions, transportation to store, water needed, trees that were needed, energy needed. It is better to use reusable dishes or dishes out of recycled paper than that paper plate. If you compost or have a green yard waste bin, you can put paper plates in them.
- Raise the cutting height of your lawn mower during the hot summer months to keep grass roots shaded and cooler, reducing weed growth, browning, and the need for watering. When you mow, "grasscycle" by leaving grass clippings on your lawn instead of bagging them or use a mulching mower. The clippings will return nutrients to the soil instead of taking up space in landfills.
- Have a yard sale to find new homes for clothes, toys, appliances, books, and other items.
- Check with local repair shops to see if they can use your old appliances for spare parts.

Summer Healthy Home Tips

Summer Pest Control Tips

- Seal cracks around home's exterior, especially windows, doors, air conditioning and water lines.
- Repair torn window and sliding door screens.
- Mosquitoes love standing water, so eliminate the source.
- Keep shrubs and trees trimmed away from the home.
- Keep pets' feeding and drinking area clear of leftover food.
- Inspect your outdoor garbage area for pest activity.
- Keep sheds and garage clear of food items and clutter, many pests will build nests.
- Vacuum and clean your floors on a regular basis.
- Clean countertops after each use.

Carbon Monoxide Danger

ABC News 20/20 Episode aired on 5/24/2014

Reporter: Kelley Robinson

[Video](#)

The Dirt on Dust Mites

Dust mites are tiny microscopic relatives of the spider and live on mattresses, bedding, upholstered furniture, carpets and curtains. These tiny creatures feed on the flakes of skin that people and pets shed daily and they thrive in warm and humid environments. No matter how clean a home is, dust mites cannot be totally eliminated. However, the number of mites can be reduced by following the suggestions below.

Preventive Strategies

- Use a dehumidifier or air conditioner to maintain relative humidity at about 50% or below.
- Encase your mattress and pillows in dust-proof or allergen impermeable covers (available from specialty supply mail order companies, bedding and some department stores).
- Wash all bedding and blankets once a week in hot water (at least 130 - 140°F) to kill dust mites. Non-washable bedding can be frozen overnight to kill dust mites.
- Replace wool or feathered bedding with synthetic materials and traditional stuffed animals with washable ones.
- If possible, replace wall-to-wall carpets in bedrooms with bare floors (linoleum, tile or wood) and remove fabric curtains and upholstered furniture.
- Use a damp mop or rag to remove dust. Never use a dry cloth since this just stirs up mite allergens .
- Use a vacuum cleaner with either a double-layered microfilter bag or a HEPA filter to trap allergens that pass through a vacuum's exhaust.
- Wear a mask while vacuuming to avoid inhaling allergens, and stay out of the vacuumed area for 20 minutes to allow any dust and allergens to settle after vacuuming.



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