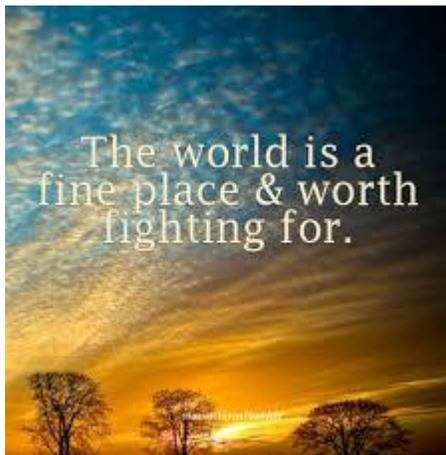


LIVING GREEN

Education for a Healthy Future

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

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De-Clutter for a Healthier Home

Life gets busy and homes can get a little cluttered at times. Too much clutter and dirt in our homes can cause germs, pests, contaminants to collect. Here are some quick easy tips:

- Get rid of extra clutter.
- Adopt a Shoes Off policy at all entryways.
- Keep a cleaning schedule that includes vacuuming.
- Keep pets away from sleeping areas.

Weekly:

- Sweep, mop, wash and dust hard surface floors and counters.
- Scrub sinks, showers and toilets.
- Vacuum all carpeted areas.
- Wash bed sheets in hot water.

Daily:

- Clean counters, sinks and stove top.
- Wipe up any spills on the floors or counters.
- Store all food in sealed containers.
- Keep garbage in a sealed or covered container.

Monthly:

- Clean the tops of cabinets and baseboards.
- Clean the top of the refrigerator and bathroom ledges.
- Clean window sills and window tracks.
- Clean washing machine by running an empty load with hot water and 2 Cups of vinegar.
- Wipe down the inside of the oven or use the self-cleaning cycle.

LIVING GREEN through Waste Reduction!

Do-It-Yourself

Repairing that Leaky Pipe Under the Sink

Have you ever opened up the cabinet under a sink and found a leaky mess? The water may be a nuisance, but left unrepaired, can ruin the cabinet, floor or infrastructure. The source of water could be coming from the drainpipe, supply hoses or the faucet itself. The repair can be as simple as tightening a connection, or can be more complicated. Follow these steps to help solve the problem.

If there is spray, the leak is coming from a pressurized water hose. If the leak is coming from a drain line, however, you might not notice it until you use the sink. Moreover, if the problem is a faulty seal around the sink drain, you may have to fill the sink and let the water stand before the leak becomes apparent.

Water in the faucet supply hoses is under pressure, so it tends to spray or actively drip from loose connections or defective pipes. One common source of drips can be shut-off valves with compression fittings that aren't as tight as they should be. The best way to tighten them is to hold the valve with one wrench while you turn the compression nut with another. Also problematic are leaks coming from faucet connections that are difficult to tighten because they are located in cramped spaces behind the sink. They are best tightened, not with a wrench, but with adjustable or locking pliers.

Leaks from a P-trap can be the result of loose connections, a blockage in the drainpipes or, in the case of a metal trap, corrosion. If the trap leaks after you've tightened all the compression nuts, it's prudent to remove it and give it a good cleaning. At the same time, clear the drain line with an auger if you suspect a blockage. You can usually tighten compression nuts on plastic P-traps by hand, but you usually need pliers for metal traps. If the nuts on a metal trap are hard to turn, they may be corroded, and it's probably time to replace the trap.

(Continued in Next Box)



Online Tutorials for Do-It-Yourself Home Repairs:

www.homeserve.com

www.diynetwork.com

www.youtube.com

Repairing that Leaky Pipe continued

If you can't pinpoint the source of the leak, it's fair to suspect the sink drain, which only leaks when the sink is full of water, or the faucet. If it's the sink drain that's leaking, unscrewing it and repacking it with plumber's putty will usually fix the problem. Although you usually notice faucet leaks above the sink, sometimes water can flow down the back of the faucet and drip underneath the sink without being visible. The procedure for fixing a leaking faucet depends on the type of faucet you have. It usually involves disassembly and replacement of one or two gaskets or washers.

Find Further Resources at www.diynetwork.com

LIVING GREEN through WASTE REDUCTION

EVERY DROP COUNTS

Water Efficient Showerheads

When looking at ways to reduce your consumption of water in the home, look no farther than the shower. Nearly 17% of the water we use is wasted in the shower. The average family uses nearly 40 gallons per day. Since water savings reduces demands on water heaters, they also save energy. The average family could save more than 370 kilowatt hours annually.

If every home in the U.S. installed Watersense showerheads, we could save more than \$2.2 billion in hot water bills and more than 260 billion gallons of water.

So, next time you are showering, think about retrofitting with a Watersense labeled model. A standard showerhead uses 2.5 gallons of water per minute (gpm). Those that are labeled Watersense use no more than 2.0 gpm. Even though they use less water, they must provide a satisfactory shower that is equal to or better than conventional showerheads on the market.



SAVING ENERGY IS A SNAP Use a Programmable Thermostat

Did you know that one of the easiest ways to reduce your energy costs all year round is to adjust your thermostat when sleeping or away from the house? By turning your thermostat back 10 to 15 degrees for 8 hours, you can save 5% to 15% a year on your heating bill (Department of Energy, 2015). While you are at home for more than 3 hours, set your thermostat between 65 and 68 degrees. Reduce to no lower than 55 degrees when asleep or away from home. In the summer, you can follow the same strategy by keeping your house warmer than normal when you are away and lowering the thermostat setting to 78 degrees only when you are at home and need cooling.

One option that can save you the hassle of turning it up or down is by purchasing a programmable thermostat or automatic setback. By using a programmable model, you can adjust the times using a pre-set schedule. You can manually override the schedule without affecting the rest of the daily or weekly program. This option is generally not recommended for heat pumps, because they can cause the unit to operate inefficiently. For heat pumps, maintaining a moderate setting is the most cost effective practice, or find a specially designed programmable thermostats for heat pump systems. If you have electric baseboard heating systems, they require thermostats capable of directly controlling 120-volt or 240-volt circuits.

Reduce Your Waste and Recycle

The City of Spokane adopted a single stream recycling program that became effective in 2014. This type of recycling refers to a system in which all paper fibers, plastics, metals and other containers are mixed in the recycling collection truck. Materials collected are then taken to a Materials Recovery Facility (MRF) where the materials are separated for reuse. This system was developed in the 1990's for several California communities and has expanded to 248 MRF's operating throughout the U.S.

So what can be collected?

Glass	Bottles & Jars (no lids), but you can keep the labels on
Paper	Newspaper & Phone Books, Corrugated Cardboard, Magazines & Catalogs, Printer Paper & Junk Mail, Cereal, Pop & Shoe Boxes, Non-Shiny (Non-Coated) Paper Products, Clean Pizza Delivery Boxes*
Metal	Aluminum Cans & Foil (Clean), Tin, Steel & Metal Cans, Aerosol Cans (empty, no lids or tips), Small pieces of Scrap Metal
Plastic	Bottles, Jars & Tubs (NO LIDS) #'s 1-7

NOT ACCEPTED

Garbage	Plastic Bags	Styrofoam	Food Contaminated Items
Microwave Trays	Ceramics & Dishes	Light Bulbs	Window Glass & Mirrors
Hazardous Waste Containers	Syringes	Electronics	Un-Numbered Plastics
Sharp Metal	Batteries	Shredded Paper	Coated & Laminated Paper Products

UNACCEPTABLE MATERIALS. If you have items that you believe are recyclable but we do not accept in the blue cart, you can call the Recycling Hotline at (509) 477-6800 for a list of recycling centers and more information. If your recycling cart contains unacceptable materials, you will be charged for a contaminated cart at the refuse rates for that collection.



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