

## **Project Plan**

Living Green proposes to aid our community through educational workshops covering two key areas; Do It Yourself (DIY) home maintenance and a workshop titled Healthy Homes, a class that teaches community members the benefits of using environmentally friendly home cleaning products.

Our trained staff and volunteers lead these workshops. Volunteer instructors recruited from our community and trained by our staff assist in training community members. Each volunteer attends a set number of classes and once the volunteer reaches an adequate level of proficiency, the volunteer becomes an asset in conducting workshops as the lead instructor.

We conduct DIY home maintenance workshops in the following format and cover these areas:

- Controlling your home heating costs
- Controlling hot water costs
- Controlling the flow of water in your home
- Plugging air leaks in ceiling, walls, and floors
- Controlling costs through efficient refrigerator use
- Using compact fluorescent light bulbs
- Efficient energy use in washing your dishes and laundry
- Using non-toxic cleaning alternatives in the home
- Reducing, reusing and recycling in the home
- Composting for the garden and environment
- Replacing paper and plastic disposable products with reusable alternatives
- Taking your own shopping bags to the store

Our DIY home maintenance workshops demonstrate low-cost, or no cost strategies to address these areas of concern and with education become easy for our community members to perform. Our staff demonstrates these DIY techniques by utilizing in-class models. Educating our clients through hands-on lessons makes our workshops more accessible, memorable and fun for our community members. Our experience also demonstrates, clients have a greater grasp of these DIY techniques through the hands-on approach. By performing these procedures themselves, in a controlled setting, they gain confidence in conducting similar repairs at home. Those attending our DIY Home Repair workshop also receive a toolbox and the tools necessary for home repair. We believe that knowing how to maintain and owning the tools necessary to repair your home are equally important to a healthy community. Knowledge gained in this approach will stay with our community members longer and there is a good

chance they will pass on these techniques to their family and friends, contributing to the sustainability of this program.

Living Green's Healthy Homes workshop continues a concept similar to that implemented in our DIY Home Repair workshops. Input from community members demonstrates a need for us to present workshops twice a week and we could easily fill seats with thirty local community members attending each workshop. Healthy Homes, a course designed to educate our clients in the use of non-toxic home cleaning methods makes use of environmentally friendly products. With the advent of home cleaning chemicals, education about the long term dangers of those chemicals and raising the awareness of these issues with our community members, helps in cleaning up the environment. Healthy Homes addresses these issues and safer alternatives by demonstrating the use of common household materials. In the process of instruction, staff provides our clients with a list of recipes to use in place of the chemical cleaners common in many homes. By reintroducing our clients to the cleaning methods used in the past, and before the easy access to today's chemical cleaners, they will understand how to contribute to a safer environment. We demonstrate these easy to make cleaning alternatives by mixing recipes of homemade cleaning products using common ingredients such as:

- Baking soda
- Borax
- Vinegar
- Lemon juice
- Tea tree oil
- And many other common ingredients

The structure of these workshops is based off successful course models preformed by SNAP. The workshops conducted by SNAP provide a very effective and valuable service to the community over the long term. SNAP has a long record of assisting low-income members of our community to reduce the struggle of daily living through education. By conducting these workshops, DIY home maintenance and Healthy Homes, we serve many in our community.