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Washington Foundation for the Environment
PO Box 2123
Seattle, WA 9811

Dear Board Members of the Washington Foundation for the Environment:

SNAP's (Spokane Neighborhood Action Programs) Living Green program has found that low-income families in the Spokane area are interested in decreasing their amount of waste, as well as decreasing their energy consumption. In 2011, 15% of the population in Spokane County lived below the federal poverty line, and a recent study shows that the average low-income household spends 16% to 25% of their annual income on energy, such as heating and cooling costs.

Living Green is a program within SNAP, a nonprofit community action agency that serves low-income and vulnerable people in Spokane, with an emphasizes lowering environmental demand and leading financially stable lives. The mission of Living Green is to enable individuals to move towards a more sustainable lifestyle. Living Green hosts educational Healthy Homes workshops, and provides take home tool kits to attendees. In the past, these workshops have been held on a weekly basis, free of charge, and are catered towards the low-income community. Their goal is to empower clients with the knowledge to make a positive impact on the environment, as well as to save money on energy costs. Since the first workshop in 2003, Living Green has had a direct affect on 6,264 households and through outreach events contacted 43,285 individuals. On average Living Green educates 626 households a year on how to conserve energy and reaches out to an additional 4328 community members. The average workshop educates participants on how to reduce waste, save water, improve appliance efficiency, conserve energy, use non-toxic cleaning products, and otherwise improve their living conditions and their impact on the environment.

The Living Green program empowers low-income individuals and families to conserve both money and the environment by hosting Healthy Homes workshops. As such, Living Green is seeking funding in the amount of \$1993.38 to educate individuals in the Spokane area with the skills necessary to lead lives that are economically viable and environmentally conscious.

Sincerely,

Kim Kreber
Conservation Education Coordinator

Abstract:

In Spokane County, 24% of households make under \$25,000 per year, placing them in the low to very-low-income range, according to HUD's (United States Department of Housing & Urban Development) specifications. A recent study shows that the average low-income household spends 16—25% of their annual income on energy, such as heating and cooling costs. The Living Green program focuses on educating low-income households, as well as veterans, within Spokane County about how to reduce their environmental footprint while lowering the amount of money they spend on energy. To accomplish these goals, Living Green puts on Healthy Homes workshops to help Spokane's low-income residents conserve money and the environment.

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Need Statement:

According to the U.S. Department of Housing and Urban Development (HUD), the 2012 Area Median Income (AMI) for Spokane County was \$62,900. In 2011, 15% of the total population in Spokane County lived below the federal poverty line. The average per capita income, in Spokane in 2011 was \$25,752 which is slightly over \$5,000 less than the average per capita income for Washington State. In Spokane County, 24% of households make under \$25,000 per year, placing them in the low to very-low-income range, according to HUD's specifications. A recent study shows that the average low-income household spends 16-25% of their annual income on energy, such as heating and cooling costs. However, many of these households do not know how to cut costs, or feel incapable of doing such. Spokane Neighborhood Assistance Programs' (SNAP) Living Green, works to alleviate environmental needs and reduce energy costs

The U.S. Bureau of Labor Statistics consumer price index states: the average cost of energy rose by .5% in 2012 after rising 6.6% in 2011. At the same time, the average wage for an electrician is \$25.44, while the average hourly wage for a plumber is \$24.92, meaning that any resident needing home repair assistance or attempting to make energy conservation changes would require a large sum of money. Hourly rates for these professions are often billed at three times the hourly wage to cover insurance and overhead costs, making professional assistance impractical for many low-income families.

The Living Green program focuses on educating low-income households as well as veterans, within Spokane County, to reduce their environmental footprint while improving their quality of life. To accomplish these goals and lower the amount of money spent on energy, Living Green hosts educational workshops,¹ and provides take home tool kits to attendees.² The program began by providing the Healthy Homes and Do-it-yourself home repair workshops, in 2002. On average Living Green hosts forty meetings per year, and has educated over fifteen-hundred economically disadvantaged community members, since its inception. These workshops have been held on a weekly basis, free of charge, and are catered towards the low-income community. Their goal is to empower clients with the knowledge to save money on energy and small home repairs.

As such, Living Green is seeking funding in the amount of 1993.38 dollars. These funds will be used to educate individuals with the skills necessary to lead lives that are economically viable and environmentally conscious, as well as to cover operational costs incurred to continue providing informative eco-friendly workshops to low-income community members and the public.

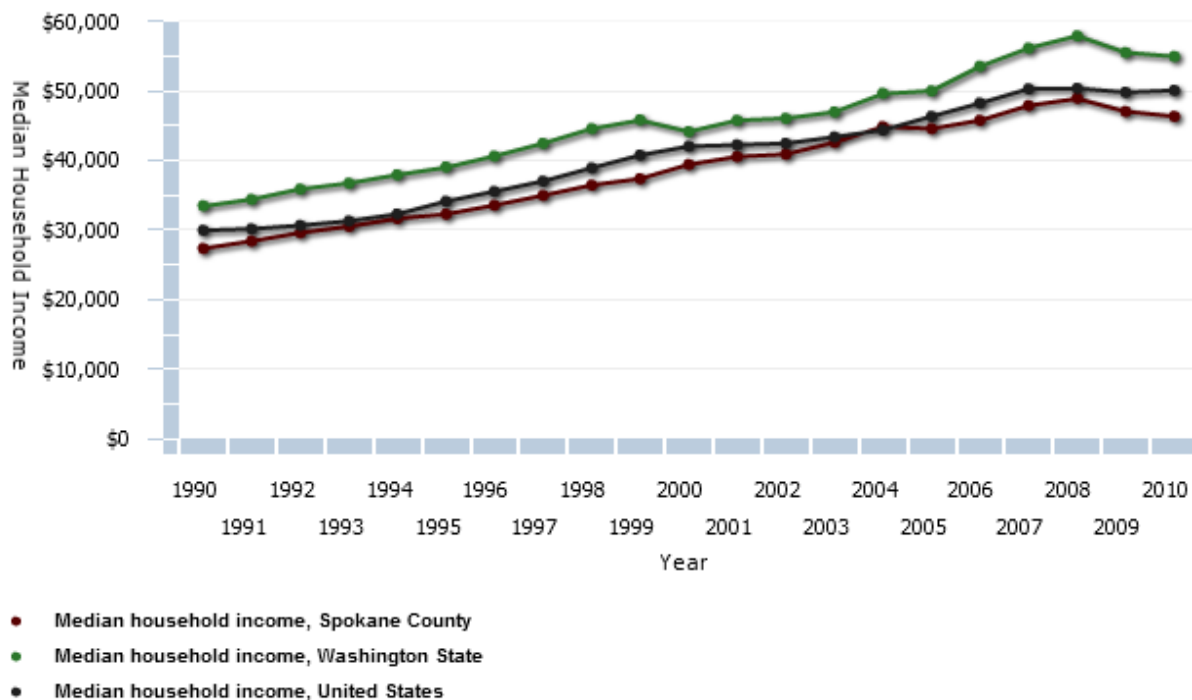
¹ Cost to Living Green 306.58 in staffing and planning per meeting.

² Forty piece tool kit \$40 x 35 people = \$1400 per meeting, \$5600 per month, \$67,200 per year

Problem Statement:

SNAP is the local advocate for vulnerable people living within our community. We have a dedicated board of directors, staff members and volunteers that search for long-term solutions to eradicate poverty. For almost 50 years SNAP has served the Spokane Community as a leading voice on poverty. As the Spokane area's Community Action leader, SNAP takes the lead in educating and empowering our low-income neighbors. Our mission has always been to provide access to needed resources, and to help low-income individuals make connections that create opportunities to work toward self-sufficiency. As the largest private human-services agency in Spokane County, SNAP focuses on serving the whole family with a commitment to providing a

3.2 Median Household Income: Spokane County

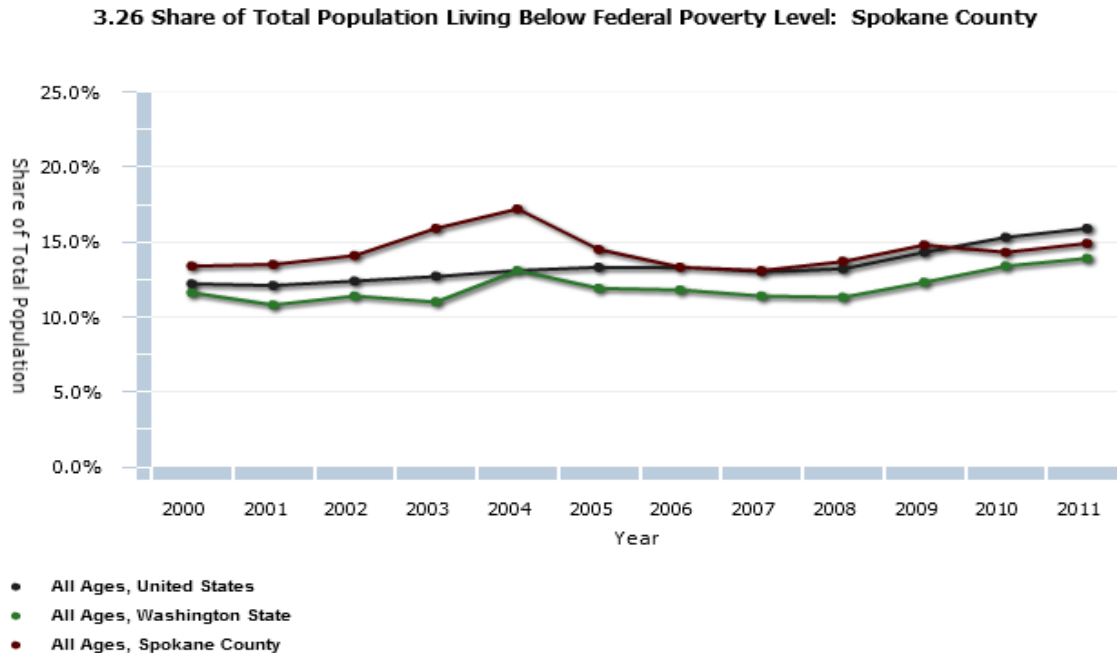


wide-range of accessible services for those living in poverty.

SNAP has positioned neighborhood offices to provide the most basic of human needs.

Living Green promotes sustainability and conservation through workshops, community outreach and online resources. Living Green is a program within SNAP, a non-profit community action agency that serves low-income and vulnerable people in Spokane. The Living Green Program grew out of the Conservation Education Program, Housing Improvements Division of

SNAP. The mission of Living Green is to enable individuals to move towards a more sustainable lifestyle.



SNAP's Living Green program has found that low-income families in the Spokane area are interested in decreasing their amount of waste, as well as decreasing their energy consumption. SNAP created the Living Green program to meet this desire in the community. In 2011 15% of the population in Spokane County lived below the federal poverty line. In Spokane County, 24% of households make under \$25,000 per year, placing them in the low to very-low-income range, according to the Housing and Urban Development's (HUD) specifications. A recent study shows that the average low-income household spends 16% to 25% of their annual income on energy, such as heating and cooling costs.

Most specifically, "The Washington Foundation for the Environment (WFFE) supports environmental education and innovative projects focused on environmental awareness." WFFE, directly states in its Request For Proposal (FRP) that they seek to promote environmental education workshops, institutes, conferences, and exhibits. In addition, WFFE supports projects where the result succeeds in educating participants, policymakers and the broader community about environmental issues, including preservation and reclamation efforts. The WFFE's focus of supporting efforts that result in environmental education aligns perfectly with Living Green's goal, of educating low-income households, to use environmentally friendly techniques. Although the WFFE does not specifically cater to low-income households, the Healthy Homes educational workshops will serve the purpose of educating the broader community about the environment

which it serves to accomplish the goals set out by both WFFE and Spokane Neighborhood Action Programs (SNAP) organizations. As part of their RFP, WFFE mentions, that it is willing to help sponsor educational workshops based on environmental education, which is the same fundamental mission of the Living Green program's Health Homes workshops.

Solution statement:

Since the first workshop in 2003, Living Green has had a direct affect on 6,264 households and through outreach events contacted 43,285 individuals. On average Living Green educates 626 households a year on how to conserve energy and reaches out to an additional 4328 community members. The educational workshops are effective because on average, attendees have reduced their energy consumption by 20% within six months.

A typical workshop informs and educates participants to:

- Reduce waste
- Save water
- Improve appliance efficiency
- Conserve energy
- Clean non-toxically
- Improve living conditions with a greener lifestyle

To reduce toxic waste Living Green teaches how to make and use nontoxic cleaning agents through Healthy Homes workshops. A recent study by Mt. Sinai School of Medicine found a total of 167 industrial chemicals found, 76 could cause cancer in animals and humans, 94 are toxic to the brain and nervous system, and 79 are known causes of birth defects and abnormal development. Nontoxic cleaning agents include vinegar, borax, baking soda, lemon juice, and liquid Castile soap. By switching to nontoxic cleaners and reducing carcinogens despite the clear fact that the low-income population is in dire need of assistance, SNAP has developed the Living Green program to combat these issues and decrease the environmental impact incurred by people in the Spokane area.

Water conservation is an important portion of the Healthy Homes workshops that educates participants on how to save water. The program focuses on instructing proper water use such as turning the water off, repairing dripping faucets, and installing water saving devices among other important topics. Conserving water is an important part of preserving the global environment because water is a finite resource. By reducing individual waste the demand for water will decrease, thus reducing the cost of utilities and preserving the environment.

Reducing waste is another important aspect of Living Green. The waste reduction portion of the program focuses on using reusable bags for shopping, buying in bulk to reduce packaging, and reusing plastic containers whenever possible. Reducing waste is an important part of decreasing environmental demand because it lessens the volume of non-biodegradable products placed in landfills or burned at an incinerator.

Our competition:

We feel that our closest competition is the Burien Environmental Science center (BESC) who WFFE has previously funded. BESC focuses on sustainability in upcoming generations. However, without teaching sustainability to adults the practices that the children are being taught may not be implemented. By educating adults about the value of sustainable living, this will be taught to children through actual practice in the home as well, thus making a potentially larger impact on the community's sustainability.

The Burien Environmental Science Center (BESC) has previously been funded by WFFE. BESC has many differences from Living Green. BESC focuses on promoting sustainability and environmental stewardship through scientific education that is focused largely on elementary school children. They do speaking engagements and festivals. However, they only work within King County, Washington. BESC also offers pre-school and after school programs as well as a marine science summer camp. Obviously, Living Green does not primarily focus on children but indirectly educates them as well. Both Living Green and BESC's goals are to provide environmental education to the public.

The project was done by the Burien Environmental Science Center (BESC). BESC focuses on promoting environmental sustainability and stewardship through educating primarily elementary school children. Like Living Green, BESC attends community outreach events. However, unlike BESC, Living Green targets the other end of the spectrum, low-income households. While both programs align with WFFE's goal of providing environmental education, SNAP seeks to educate adults who will in turn instill the environmentally friendly education from Living Green to their children by setting an example that further promotes environmental sustainability through generations.

Why Living Green?

Living Green focuses on low income residents, and increasing their ability to live an environmentally friendly lifestyle. This aligns with the WFFE's ideals while differing from BESC in mission and target population. Providing these workshops allows for an intimate and hands on approach to education regarding sustainable living practices that participants will be able to put to immediate use upon departure.

The Living Green program also gives home repair workshops and this is mirrored in several of the parent organization's other projects. However, these home repair workshops also benefit the environment as they help to fix leaks, seal holes, and insulate water heaters among other things. In addition, these home repair workshops serve to lower the environmental impact of technicians who must drive to various locations throughout Spokane to make repairs. Therefore, these workshops, despite being separate from the environmentally friendly living workshops, also have a positive environmental impact.

Living Green was created in 2002 under the parent organization SNAP (Spokane Neighborhood Action Partners). The purpose of the Living Green program is to connect and provide resources that create opportunities, with dignity, for economically disadvantaged people. The goal is to provide educational outreach to Spokane County's vulnerable population on issues of: waste management, sustainable purchasing practices, nontoxic cleaning methods, energy and waste conservation through facilitation of workshops and outreach events. Nearly 70% of the region's energy supply is generated by hydroelectric dams. Through both water and energy conservation we can preserve these valuable resources.

SNAP is the local and regional advocate for vulnerable people living within our community. We have a dedicated board of directors, staff members and volunteers that search for long-term solutions to eradicate poverty. For almost 50 years SNAP has served the Spokane Community as a leading voice for those in poverty. As the Spokane area's Community Action leader, we take the lead in educating and empowering our low-income neighbors. Our mission has always been to provide access to much needed resources, and to help low-income individuals create opportunities to work toward self-sufficiency. As the largest private human-services agency in Spokane County, SNAP focuses on serving the whole family with a commitment to providing a wide-range of accessible services for those living in poverty. We have positioned neighborhood offices to provide the most basic of human needs that many of us take for granted.

Weakness:

- Lack consistent funding specifically awarded to Living Green

Strength:

- Nearly a decade of experience
- Techniques promoted by Living Green result in a 20% average savings on electric and heating bills.

Recent Awards:

- Partner in advocacy with the Washington Low Income Housing Alliance.
- Non-profit trustee leadership award in 2008
- SNAP received the Agora award in the non-profit category in 2007. Agora awarded SNAP for excellence in its contributions to the community and role in contributing to the region's economic growth.

Current funding:

Over the past two years Living Green has been funded by: The Department of Ecology Public Participation Grant (PPG), and the Low Income Heating and Energy Assistance Program (LIHEAP), Low-Income Repair and Replacement Assistance Program (LIRAP), and the local power company, Avista, all funds have been through SNAP.

Financial Sustainability:

To ensure the continuation of Healthy Homes and the environmental education the program provides, Living Green is funded in part by the Department of Energy weatherization assistance program, The Low-Income Heating and Energy Assistance Program, Low-Income Repair and Replacement Assistance Program, and the local power company, Avista. These funds have been awarded to SNAP, the parent organization, through grants and donations. Snap then allocates funds to the Living Green program to continue providing Healthy Homes workshops. However, without these funds the Living Green program could be eliminated, but the educational materials and information will still be available and distributed through other local programs such as Early Childhood Education and Assistance Program (ECEAP), Head Start and Avista. The goal is to have electronic copies readily available and accessible for collaborative use with other like-minded organizations.

Social Sustainability:

The social sustainability of the Living Green program is perpetuated through several multiplier effects. These effects occur when the people that participate in the workshop take the skills that were taught at the workshop and teach these skills to others in their community. This multiplies the effect that the program has on its intended audience far beyond the number of people who attend each workshop. This allows the values of Living Green to persist regardless of continued funding. Since these workshops are focused on low income individuals the skills taught at a program event will be passed on to children, relatives, neighbors, and friends in the community. These individuals will pass on their information, and thus, Living Green workshops will help impact the Spokane area and help extend the importance of the environmental and financial benefits of living a more sustainable lifestyle.

Environmental Sustainability:

The Living Green program is environmentally sustainable because it teaches workshop participants how to conserve resources like water, energy, and heat, as well as how to choose or make environmentally friendly cleaning products. Participants in Living Green's Healthy Homes workshops will learn about the harmful effects of chemical cleaning products that many people use in their homes, and how to replace these harmful products with homemade or store bought "green" cleaning products that are nontoxic and biodegradable. Participants will also learn how to conserve water while showering, washing dishes, and washing clothes. Similarly,

they will learn to conserve energy and heat by making small, easy adjustments to their lives and homes that will have significant effects over time. The long-term effects of the Living Green Healthy Homes workshops will be a reduced impact on the environment and the knowledge to help the children and neighbors of workshop participants reduce their environmental demand as well.

Evaluations:

SNAP's Living Green program provides the means for low-income households to reduce waste and lower energy costs. Through workshops and online resources these household members will be able to take their impact on the planet into their own hands. While the workshops and community outreach programs are available to everyone, Living Green will provide those with low income products to get them started. This need will be determined through an income evaluation?

With this budget, Living Green will be considered successful after completing:

- 1 Pilot Workshop
- 1 Evaluation
- 1 Workshop Model (Healthy Homes)
- 8 Workshops
- Master Flyers

The success of the workshops will then be evaluated with distributed questionnaires to participants. The questionnaires will be assessed to determine how much waste and energy use was reduced by. Upon completion, we will revise the program to better suit the needs of the participants or, if successful we will continue with the current program. Per the FRP we also provide documentation and pictures to provide substantial evidence that the project was completed.

WFFE Proposal Budget Breakdown for Healthy Homes Workshops:

2-hour Pilot Workshop (\$17.64 per hour x 2 hours) = \$35.28

Staff costs to present the pilot workshop.

Evaluation (\$17.64 per hour x 12.5 hours) = \$220.50

Staff cost to complete first evaluation and two follow-ups, as well as data entry for statistical tracking. Also includes review of presentation recordings for improvement purposes.

Healthy Homes Models (\$50.00 x 3 models) = \$150.00

Includes a display board of common air pollutants, a display board of common bacteria and molds, and a HEPA vacuum and/or filter display.

Workshops (\$388.08 x 8 workshops) = \$1552.32

Staff costs for presenting four weeks of the Healthy Homes workshop without overhead or fringe benefits included.

Master Flyers (\$17.64 per hour x 2 flyers) = \$35.28

Staff cost to create two master flyers for the program, each estimated to take an hour to develop.

Total = \$1993.38

Attachments:



THE GREEN HOUSEHOLD

Tips for your Bathroom and Kitchen, Saving water and more

Cleaning Your Bathroom...

- Use a firm bristled brush with either baking soda or a mild all-purpose cleaner. Rinse with hot water.
- For hard-water areas, use vinegar or lemon juice to dissolve the mineral build-up.
- For mold and mildew, moisten a cloth with vinegar, rub the tiles and grout, and then scrub tea tree oil into the grout with an old toothbrush.



low with a pot of boiling water. Flush with cold water.

- Do not wash hair down the drain; always use a drain sieve.
- Never pour liquid grease down a drain.

Drains:

To unclog drains, here is a simple recipe:

- pour 1/4 cup baking soda, followed by 1/2 cup vinegar down the drain. Close the drain until the fizzing stops and flush with boiling water.
- Try this as a prevention for clogged drains:
 - mix 4 tbsp. baking soda and 4 tbsp. salt. Pour this down the drain and fol-

Water Saving Tips:

- Fill a plastic water bottle and put into toilet tank to reduce water used per flush, if your toilet is more than 15 years old, or uses over 1.6 gallons per flush.
- Avoid flushing garbage down the toilet.
- Fix dripping faucets! One drop per second amounts to 8.6 gallons per day.
- Install water saving devices for your faucets and showers. A faucet aerator will reduce water flow without reducing pressure.
- Do not leave water running while brushing teeth or shaving.
- Shower for less than 10 minutes.
- Keep water heater set to 120 degrees.



Living Green is a program of SNAP. Visit www.livinggreensnap.org for more information.

This product was funded through a grant from the Washington State Department of Ecology. While these materials were reviewed for consistency, this does not necessarily constitute an endorsement by the department.



Is Your Home Healthy?

Basic Cleaning Alternatives

HOUSEHOLD CLEANERS

The wonders of modern household cleaners and chemicals make our lives easier. Spray it on and grease disappears. Got a carpet stain? Spray it on and wipe it away. Toilet bowl stained? Pour it in and those stains disappear.

But what are we really doing by introducing all these chemical wonders into our homes? Are they safe?

The majority of us use chemicals in our homes that are potentially harmful. Many of these products have warning labels addressing concerns about acute (immediate) problems from ingesting a product, breathing fumes or danger from contact with the eyes and skin. But it is the long-term chronic exposure that may be putting people at risk. Little is known about long-term exposure to many of these chemicals or combinations of them.

A recent study by the Mt. Sinai School of Medicine found a total of 167 industrial chemicals and pollutants in humans. Of the 167 chemicals found, 76 could cause cancer in animals or humans, 94 are toxic to the brain and nervous system, and 79 cause birth defects or abnormal development.

HOW DOES THIS AFFECT YOU?

It is not certain how household chemicals affect people when exposed to small amounts over a long period. The science to test long-term exposure is complicated and not required by law. So we really don't know the long term effects. We do know however that these chemicals are showing up in our bodies and even in newborn infants.

Basic Shopping List

Liquid Castile Soap (Dr. Bronners®, for example) – You can find them at Fred Meyer, Huckleberry's, and most health food stores. Bring your own container and buy it in bulk! Comes in a variety of scents (lavender, eucalyptus, tea tree, almond, peppermint, etc.)

Alkalies:

Baking Soda

Borax (in the laundry section of most grocery stores)

Washing Soda

(also made by Arm & Hammer®)



Acids:

Vinegar

Lemon juice

Abrasives: Baking Soda, table salt, Borax

Tools: Firm bristle brush, rubber gloves, new spray bottles, cheesecloth or reusable rags, Reusable containers w/ lids (plastic, glass, or stainless steel), sponge

Essential Oils: (optional) – Such as tea tree, eucalyptus, lemon, lavender, peppermint, spearmint, clove, rosemary, etc. Find these at a local health food store.



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**NON TOXIC GREEN CLEANING
RECIPES**

For use at Home, Office and Community

Brought to you by:



Non-Toxic Green Cleaning Shopping List:

Liquid Castile Soap (Example: *Dr. Bronner's*). In many of the following recipes this means "dish soap". This product can be found in health food and grocery stores. Bring your own container and purchase in bulk.

Alkalies: Baking soda, **Borax**, **Washing Soda** (can be found in the laundry section of many grocery stores).

Acids: Vinegar, Lemon Juice

Abrasives: Baking soda, table salt, Borax

Tools: firm bristle brush, rubber gloves, spray bottles, cheesecloth or reusable cloths, reusable containers, sponge

Essential Oils (optional for many recipes): tea tree, eucalyptus, lemon, lavender, peppermint, spearmint, clove, rosemary, etc. These oils can be found at health food stores.

Basic Shopping List Recipe**Homemade Dish Soap**

(Provided by: Janice, SNAP Volunteer)

2 cups liquid castile soap 1 teaspoon lemon juice or white vinegar
1/2 cup warm water

- 1.) Combine the ingredients into a reusable bottle and shake until mixed thoroughly.
- 2.) Use in recipes that call for dish soap.

ALL PURPOSE CLEANER

1/2 teaspoon washing soda 2 teaspoons borax
1/2 teaspoon liquid soap or detergent 2 cups hot water

Directions:

1. Combine the washing soda, borax and soap in a spray bottle.
1. Pour in the hot water, screw on the lid and shake until completely dissolved.
1. Spray on any surfaces and wipe with a clean, dry cloth. For tough dirt, you may want to leave the cleaner on for a few minutes.
1. Shake the bottle before each use.

GENERAL CLEANING TIPS

- Commercial glass cleaners leave a residue, so before using non-toxic cleaning methods you must first remove the residue. Make a solution using 2 cups water, 1/2 cup white vinegar and 1/2 teaspoon dish liquid. Spray this solution onto the windows and wipe with a clean, dry cloth. Once the residue is removed, spray windows with white vinegar to clean them.
- If you have an immediate carpet stain, blot the area with an absorbent fabric to clean it up quickly. Stand on the area to absorb more of the stain, but do not rub or sprinkle with salt, this will set the stain. For carpet odors, sprinkle baking soda on the carpet and leave overnight. The next day vacuum the area.
- Freshen the air in any area of your home by either: opening windows, eliminating the source of the odor, use houseplants as an air neutralizer or spray a mixture of 2 cups water and 5 drops of essential oil into the air.

KITCHEN**Oven Cleaners**

2 Tablespoons of dish liquid 2 teaspoons of Borax
1 quart warm water

- 1) Sponge the mixture on the inside of the oven.
- 1) Let it sit for 20 minutes, then scrub with a plastic scrubbing pad.

KITCHEN CLEANING TIPS

- Keep refrigerator between 35 and 45 degrees. Use a thermometer to check temperatures. A good refrigerator door seal keeps cold air in, so keep the seal clean and dry. They eventually get sticky and brittle.
- Grease build up is the biggest cause of sewer overflows. Scrape meat drippings or cooking oil into a can. Compost kitchen waste instead of using a garbage disposal. Use a drain strainer to prevent food from washing down the drain. If the drain plugs up, pour a 1/2 Cup of baking soda down the drain followed by 1 Cup white vinegar. When the fizzing stops, pour boiling hot water down the drain.
- Clean faucets by wiping them with a vinegar soaked cloth or wrapping the cloth around the faucet and letting it set for a couple of hours. You can also use a little bit of Murphy's Oil Soap

LAUNDRY**Lemon Whitener**

1/2 Cup lemon juice

- Add the lemon juice to your laundry's rinse cycle.

Hydrogen Peroxide Whitener

1/2 Cup hydrogen peroxide (3% solution)

- Add the hydrogen peroxide your laundry's rinse cycle.

Mineral Might

1/2 Cup borax or washing soda

- Add to the wash cycle, but needs to be used with hot water to dissolve the minerals.

BATHROOM**Basic Soft Scrubber**

1/2 cup baking soda

Enough liquid soap to make a paste 8-10 drops of essential oil

- 1.) Place the baking soda in a bowl.
- 2.) Slowly add the liquid soap, stirring at the same time, until it reaches the consistency of paste.
- 3.) Add the drops of essential oil.
- 4.) Scoop the mixture onto a sponge, scrub the area and then rinse well with water.

LAUNDRY TIPS

- Use a front loading washing machine, instead of a top loading model. Making the switch can save up to 16,000 gallons of water per year. "*Green Housekeeping*, Ellen Sandbeck"
- To prevent a fire, make sure to clean your dryer's lint filter after each use. Clean out the dryer's exhaust pipe and outlet at least once a year.
- A warm water wash followed by a cold water rinse uses a 1/3 less energy than hot water.
- If you need your clothes to remain their whitest, avoid using bleach. There are several methods to use: *Rit Color Remover* or *White Wash*; hang laundry out in the sun; or use borax, washing soda, liquid bluing or distilled white vinegar.
- For annoying sweat stains, spray or soak with white vinegar or liquid soap. In addition, they can be removed with a paste made of meat tenderizer and water.

BATHROOM CLEANING TIPS

- Carpeting in the bathroom remains damp that becomes a breeding ground for mold and mildew. Switch to using rugs, ceramic tiles or hard wood flooring.
- Conserve water and energy by fixing leaks and installing low flow faucet aerators and shower heads with shut-off valves.
- To get rid of offending odors, open a window or light a match.
- When you find soap scum, get rid of it by using Borax on a stiff scrub brush or hot vinegar. Make sure to wash it off thoroughly.
- A toilet needs to be unclogged? Dislodge with a plunger or drill through it with a snake.
-

**If you are interested in more information
or
would like to attend a workshop contact:**

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