



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.

In Your Kitchen...

- Keep a separate cutting board for meat and seafood. Disinfect potential bacteria with vinegar and hydrogen peroxide.
- Never microwave food in a plastic container. Even plastics approved for food storage and are 'microwavable' may leech chemicals into your food when heated.



Waste

- Use reusable bags when grocery shopping. Most local grocery stores offer a credit. Reduce and reuse produce bags; buy veggies loose.
- Buy in bulk. It is cost effective and reduces packaging.
- Choose to buy products that come in refillable or reusable containers.
- Compost food scraps—they won't biodegrade in landfills. If you don't garden find a local community garden to donate to, or rake into the lawn.
- Avoid disposable products by reusing plastic bags and ziplocks and reducing paper napkins by using cloth when possible.

Appliances

- Do not place the fridge in a warm area.
- Keep the fridge at 38° F and the freezer at 10° F.
- For a fridge to work the best, clean the

condenser coils on the back or bottom at least twice per year.

- Save energy from the range and stovetop by using electric kettles to boil water and toaster ovens to bake or reheat.
- Put a lid on it—water will boil much more quickly if there is a lid on the pan.
- The bottom of your pans or pots should be the same size as the burner to use the minimum amount of energy.
- Dishwasher tips: only wash with full loads, use water and energy saving settings, and air dry without a heat option. For good maintenance and efficiency, occasionally run an empty load with 1/2 Cup of white vinegar.
- **Dishwasher Detergents:** phosphates are used as water softeners but harm water ways. For best results with low-phosphate detergents, use a biodegradable rinse agent or white vinegar in the rinse compartment to help remove spots.

Water Saving Tips:

- If you don't use a dishwasher, be very economical with you water usage. In order to save almost as much water as a machine, use containers for wash and rinse water and turn the faucet off.
- Keep a covered container of water in the fridge for drinking - you will not have to run the tap until the water is cold every time you want a drink.
- Keep a bowl of water in the sink while preparing food for quickly rinsing your hands.