

April 11, 2008

Source Reduction Alternatives Around the Home

Many consumers look for ways to reduce the amount and toxicity of waste around the house. This can be done, in some cases, by using alternative methods or products without hazardous constituents to accomplish a certain task. Here are just a few ideas to get you started.

Although the suggested mixtures have less hazardous ingredients than many commercial cleaners and pesticides, they should be used and stored with similar caution. Please follow these guidelines for any household cleaner or pesticide.

Household Cleaners and Alternatives

Household Cleaner	Alternative
Drain cleaner	Use a plunger or plumber's snake.
Oven cleaner	Clean spills as soon as the oven cools using steel wool and baking soda; for tough stains, add salt (do not use this method in self-cleaning or continuous-cleaning ovens).
Glass cleaner	Mix 1 tablespoon of vinegar or lemon juice in 1 quart of water. Spray on and use newspaper to wipe dry.
Toilet bowl cleaner	Use a toilet brush and baking soda or vinegar. (This will clean but not disinfect.)
Furniture polish	Mix 1 teaspoon of lemon juice in 1 pint of mineral or vegetable oil, and wipe furniture.
Rug deodorizer	Deodorize dry carpets by sprinkling liberally with baking soda. Wait at least 15 minutes and vacuum. Repeat if necessary.
Silver polish	Boil 2 to 3 inches of water in a shallow pan with 1 teaspoon of salt, 1 teaspoon of baking soda, and a sheet of aluminum foil. Totally submerge silver and boil for 2 to 3 more minutes. Wipe away tarnish. Repeat if necessary. (Do not use this method on antique silver knives. The blade will separate from the handle.) Another alternative is to use nonabrasive toothpaste.
Plant sprays	Wipe leaves with mild soap and water; rinse.
Mothballs	Use cedar chips, lavender flowers, rosemary, mint, or white peppercorns.
Flea and tick products	Put brewer's yeast or garlic in your pet's food; sprinkle fennel, rue, rosemary, or eucalyptus seeds or leaves around animal sleeping areas.

- DO NOT mix anything with a commercial cleaning agent.
- If you do store a homemade mixture, make sure it is properly labeled and do not store it in a container that could be mistaken for food or beverage.
- When preparing alternatives, mix only what is needed for the job at hand and mix them in clean, reusable containers. This avoids waste and the need to store any cleaning mixture.

This information is from: <http://www.epa.gov/epaoswer/non-hw/reduce/catbook/alt.htm>

WHO SAID IT?

Speaker A:

“Surrender!”

Speaker B:

“You mean you wish to surrender to me? Very well, I accept.”

This is a quote from what movie? Extra points if you can name the speakers!

- Pirates of the Caribbean*
- The Princess Bride*
- Robin Hood: Men in Tights*
- Monty Python: The Meaning of Life*

Last Week's Answer:
A Case of Identity

Congrats! One (1) staff member responded and guessed correctly.

What do you know about carrots?

- The average person eats 17lbs. of carrots per year.
- Carrots contain no less than 89% water.
- Carrots (or “skirrets”) were originally purple, white, and yellow. The orange carrot was developed in Holland as a tribute to William I of Orange during the Dutch fight for independence from Spain in the 16th Century.
- California ranks first in the U.S. production of carrots, producing 59% of the U.S. total crop and about 70,000 acres annually.
- Yellow/orange fruits maintain a healthy heart, vision, and immune system.



<http://www.cfaic.org/Commodity/pdf/FreshCarrots.pdf>
<http://www.ipmcenters.org/cropprofiles/docs/cacarrots.html>



**PAY DAY:
TUESDAY, APRIL 15TH!**



Harvest of the Month[®]

April

Health and Learning Success Go Hand-in-Hand

California administers the Standardized Testing and Reporting (STAR) program in the spring. So it's more important than ever for your child to eat healthy and be active. Help your child make the grade with **Harvest of the Month**. Explore, taste and learn about eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured vegetable is

Carrots



Produce Tips

- Carrots are in season all year long.
- Look for long, thick, deep-orange carrots. Make sure they have no bumps or cracks.
- Avoid carrots that are wrinkled or soft.
- Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
- If you buy carrots with the green tops still on, break off the tops and rinse the carrots.
- Do not store with fruits. Fruit gives off a natural gas that can make vegetables go bad.

VEGETABLE QUESADILLAS

Ingredients:
(Makes 4 servings at 1 quesadilla each)

- 1 large carrot, grated**
- 1 zucchini, grated**
- 8 flour tortillas**
- $\frac{3}{4}$ cup shredded cheese**
- Bottled hot sauce, to taste**

1. In a bowl, mix carrot and zucchini.
2. Sprinkle $\frac{1}{2}$ cup mixture over four tortillas. Top each with 3 tablespoons cheese. Add hot sauce.
3. Cover with a second tortilla.
4. Heat a nonstick pan over medium heat until hot. Place each quesadilla in pan and cook 1 minute.
5. Turn over and cook 1 minute longer or until cheese melts.
6. Cut each quesadilla and serve warm.

Adapted from: *Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.*

Healthy Help

- Grow your own healthy food. Plant a garden. Gardening is a great physical activity.
- With state testing approaching, encourage your child to eat the school breakfast and lunch. School meals offer fruits and vegetables every day. Ask your child's teacher or call the school district's main office for more information.
- Let your child be the teacher and tell you why eating fruits and vegetables is important.

Nutrition Facts

Serving Size 1 cup, chopped
(128g)

Amount per Serving

Calories 52 Calories from Fat 3

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 88mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 4g 14%

Sugars 6g

Protein 1g

Vitamin A 430% Calcium 4%

Vitamin C 13% Iron 2%

Source: www.nutritiondata.com

Let's Get Physical!

- With spring testing, it is important that your child gets outside. Daily physical activity may help improve your child's focus and test performance.
 - Take your child on a scavenger hunt at a local park. See how many different types of plants and trees your child can find.
 - With longer daylight hours, go for family walks after dinner.
- For more physical activity ideas, visit:
www.kidnetic.com
www.verbnow.com

Helping Your Kids Eat Healthy

- Buy baby carrots to take with you for an easy, on-the-go snack.
 - Add raw carrot sticks as a crunchy side dish at lunch.
 - Grate carrots into salads and over soups to add a crunchy, sweet flavor.
 - Carrots are a great addition to any meal. They can be eaten whole, sliced into sticks, cut into rounds, chopped or shredded. Ask your child to help think of fun ways to include carrots in family meals.
- For more ideas, visit:
www.cachampionsforchange.net

