

## YOUR HOME

Our homes are where we spend most of our time and invest most of our money.

There are a number of simple changes to make in your home and yard and ways to save energy. These changes and actions can help you save money, live in a healthier home and create a place for your family to thrive.

These tips, ideas and actions include the following areas of your home:

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## Energy Sources and Usage

We are dependent upon energy to power our homes and everything in them we need for daily life. The average American home uses 958 kilowatt hours per month, costing Utah residents about \$71 per month in 2011. (*U.S. Energy Information Administration*)

When we are considering sources for this energy, we have options for choosing power from less-polluting means and supporting the development of renewable energy sources. We should also look at the appliances that use the most power – fridge, air conditioner, etc.

### Energy Saving Resources:

- Energy Savers Guide, U.S. Department of Energy;  
[energy.gov/energysaver/downloads/energy-savers-guide](http://energy.gov/energysaver/downloads/energy-savers-guide)
- Ways to Save in your Home, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home.aspx](http://parkcitygreen.org/Ways-to-Save/Home.aspx)

### Sign up for Rocky Mountain Power's Blue Sky program.

*(Rocky Mountain Power Blue Sky Program)*

- When you support the Blue Sky Program you help:
  - influence the future of energy production,
  - encourage the development of new renewable energy in our region, which benefits local economies and
  - preserve the environment and conserve resources for future generations.
- You buy renewable energy in 100 kilowatt-hour (kwh) increments, called blocks, for just \$1.95 more per block per month.
- **Buying one 100-kwh block of Blue Sky each month for a year is as good for the environment as planting nearly 17 trees or not driving a car for 1,486 miles!**
- For more information and to sign up for the Blue Sky Program visit [www.rockymountainpower.net/env/bsre.html](http://www.rockymountainpower.net/env/bsre.html) or call 888-221-7070.

- **Additional information on Wind Energy:**

- Ways to Save in Your Home: Wind Energy, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Wind-Energy.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Wind-Energy.aspx)
- American Wind Energy Association;  
[www.awea.org](http://www.awea.org)
- Wind Energy Development Information Center, U.S. Department of the Interior; [windeis.anl.gov](http://windeis.anl.gov)
- Wind Power, Home Power;  
[homepower.com/wind-power](http://homepower.com/wind-power)



*Utilizing alternative sources of energy has a positive effect on our environment, health and economy.*



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## Look in to solar energy options.

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- The sun has been the main source of energy for thousands of years. Its energy will continue to be around for centuries to come. So why not harness this long-lasting, and free source of power to provide energy to our homes.
- With the amount of sunlight we receive in Utah, it makes sense to invest in solar powered energy options. This energy producing option can provide your home with electricity and hot water, with the potential to sell extra electricity back to the power companies.
  - **Park City Green.org has great information on installing a solar system in your home:**  
**[parkcitygreen.org/Ways-to-Save/Home/Solar-Electric.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Solar-Electric.aspx)**
- Not only can you save energy with solar power systems, but you can save money through Utah solar power rebates, tax credits and incentives.
  - Database of State Incentives for Renewables & Efficiency;  
[www.dsireusa.org/](http://www.dsireusa.org/)
  - Utah Solar Incentive Program, Rocky Mountain Power;  
[www.rockymountainpower.net/env/nmcg/usip.html](http://www.rockymountainpower.net/env/nmcg/usip.html)
  - Energy Incentives and Tax Credits, Utah Office of Energy Development;  
[www.energy.utah.gov/incentives/index.htm](http://www.energy.utah.gov/incentives/index.htm)

## How to utilize solar power:

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The U.S. Department of Energy has some great information on solar power systems and installation for your home:

- [energy.gov/energysaver/articles/small-solar-electric-systems](http://energy.gov/energysaver/articles/small-solar-electric-systems)
- Additional information on Solar Energy:
  - Utah Solar Energy Association;  
[www.utsolar.org](http://www.utsolar.org)
  - Home Power Renewable Energy;  
[www.homepower.com](http://www.homepower.com)

## Utilize natural light whenever possible.

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- This great natural light source can also be used in a passive way by opening up the windows and letting the light shine in. Whenever you can, keep your lights off, open up the curtains, and let the sunlight in. It will save you money in electricity bills and natural light just makes you feel better.



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## **Purchase ENERGY STAR® certified products whenever possible.**

- ENERGY STAR® is a joint program of the U.S. Environmental Protection Agency (EPA) and the U.S. Department of Energy, helping us all save money and protect the environment through energy efficient products and practices.
- Americans, with the help of ENERGY STAR® saved enough energy in 2010 alone to avoid greenhouse gas emissions equivalent to those from 33 million cars — all while saving nearly \$18 billion on their utility bills. ([www.energystar.gov](http://www.energystar.gov))
- ENERGY STAR® products have been designed and certified to use less energy and are certified by the EPA and Department of Energy and are as good as if not better than standard products.
- In addition to saving money in up front energy costs, you might be eligible for tax credits as well.
  - Energy Incentives and Tax Credits, Utah Office of Energy Development;  
[www.energy.utah.gov/incentives/index.htm](http://www.energy.utah.gov/incentives/index.htm)
  - Federal Tax Credits for Consumer Energy Efficiency, ENERGY STAR®;  
[www.energystar.gov/index.cfm?c=tax\\_credits.tx\\_index](http://www.energystar.gov/index.cfm?c=tax_credits.tx_index)

## **How to bring in ENERGY STAR® products:**

When it comes time to replace an old appliance such as a furnace or refrigerator, or purchase new equipment such as a computer or light fixtures, buy products that have been ENERGY STAR® certified. You can save yourself some money in utilities and tax credits and cut down on pollution and help keep our air clean.

- ENERGY STAR® Products Listing;  
[www.energystar.gov/index.cfm?c=products.pr\\_find\\_es\\_products](http://www.energystar.gov/index.cfm?c=products.pr_find_es_products)
- Ways to Save in Your Home: Appliances, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Appliances.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Appliances.aspx)



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## **Eliminate phantom loads (devices that use power even when they are off).**

- A phantom load is an electronic device that uses power even though it is turned off. In the average U.S. home, 40% of all electricity used to power home electronics is consumed while the products are turned off, which amounts to 10% of household power consumption. Across the U.S., this equals the annual output of 18 power plants. A phantom load is also called an “energy vampire” or a device which uses standby power.
- Think about all the electronic things we keep plugged in – phone chargers, iPods, DVD players, TVs, coffee makers and more. Some of these devices draw a little bit of power while turned off, but others like DVD players use more than a third of the energy it takes to watch a movie. And we’ve all felt our warm phone chargers after they have been plugged in for a while – if it’s warm, it’s sucking energy.

### **How to eliminate phantom loads:**

The easiest way to eliminate these phantom loads or standby power is to unplug your electronics when you don’t need them. Sometimes it is unrealistic to unplug and re-plug everything.

The best alternative is to plug all of your electronic devices into a power strip/surge protector. Then you can easily switch the power strip off when you are not using them, which completely shuts off all power to any device plugged into it.

For example, your TV, DVD player, speakers and stereo can all be plugged into one power strip. When you are done watching TV, flip off the power strip, and all the power is cut off. And the surge protector provides an extra benefit of keeping your devices from getting zapped should the power fluctuate.

Power strips are a handy way of organizing your electronics and is as easy to use as a light switch. You should switch off your electronics just like you turn off your lights when you leave a room.

- Phantom Loads, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Phantom-Loads.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Phantom-Loads.aspx)



## Lighting

According to the Environmental Protection Agency, lighting accounts for up to 20% of the energy use in an average American home. This amount, along with your utility bills, can be easily reduced through some simple actions.

### Lighting Rebate Information:

- Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Lighting/Rebates.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Lighting/Rebates.aspx)

### Replace your old incandescent light bulbs with Compact Florescent Lights (CFLs).

- Traditional incandescent bulbs lose most of their energy through heat with only about 10% of their energy going towards lighting a room.
- CFLs use about 75% less power and last at about three times longer.
- Even though a CFL costs more to purchase than an incandescent lamp, it will save far more than its original price over the years of use.
  - ENERGY STAR® estimates that if you change one bulb you can save \$40 or more over the lifetime of the bulb.
  - If you change five bulbs you could save \$200 or more over their lifetime.
  - Especially when you replace lights that are on a lot with CFLs – outdoor lights, kitchen lights, etc.
  - (U.S. Department of Energy and U.S. Environmental Protection Agency)
- Don't let the initial cost of a CFL keep you from making this important change.
  - Although the average cost of an incandescent bulb is around 50¢ with a CFL averaging \$3.00, over the course of a CFL's lifetime you would have used 10 incandescents. This equates to \$5.00 for the same amount of lighting time as the \$3.00 CFL. This doesn't include the 75% reduction in energy usage which means additional savings.
    - Some are concerned with the health hazards of CFLs due to the very small amount of mercury they contain. If a bulb is broken in your home, the cleanup is simple and safe.
      - For information on cleaning up a broken CFL visit the EPA's site; [epa.gov/cfl/cflcleanup.html](http://epa.gov/cfl/cflcleanup.html)



*Our choices in how we light our homes can have positive effects on our health, community, economy and environment.*



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## **Turn off the lights in rooms that you aren't using.**

- Another easy way to save on lighting costs and electricity is to simply turn off the lights in your home when you aren't using them.
- Just like it has become a habit to leave the lights on, you can easily develop the habit for yourself and your family of flipping the switch and turning the lights off.
- If you need to have exterior lighting throughout the night, put motion sensors on the lights. This will keep the lights off when not needed, keep the light out of your neighbors' houses and reduce light pollution. In addition, a light suddenly coming on will startle a trespasser.

### **Additional Lighting Resources:**

- Ways to Save in Your Home: Lighting, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Lighting.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Lighting.aspx)
- Lighting Choices to Save You Money, Energy.gov;  
[energy.gov/energysaver/articles/lighting-choices-save-you-money](http://energy.gov/energysaver/articles/lighting-choices-save-you-money)



## Heating and Cooling

In this varied climate of ours, we can have 100 degree days in the summer and -10 degree days in the winter. In order to stay comfortable through it all, we rely heavily on our heating and air-conditioning systems in our homes. Here are simple ways to save energy and money, even with all this usage.

### Heating and Cooling Rebate Information:

- Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Heating-Cooling/Rebates.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Heating-Cooling/Rebates.aspx)

### Install a programmable thermostat.

- ENERGY STAR® estimates that homeowners can save \$180 a year by properly setting their programmable thermostats and maintaining those settings.
- A programmable thermostat helps make it easy for you to save by offering four pre-programmed settings to regulate your home's temperature in both summer and winter - when you are home, asleep or away.
- The key is to establish a program that automatically reduces heating and cooling in your home when you don't need as much.
- This way you won't have to remember to turn the furnace down when you go to sleep or leave for work. It will automatically change the temperature.
- Visit the Programmable Thermostat page on Park City Green.org's site for information on installation and programming: [www.parkcitygreen.org](http://www.parkcitygreen.org).

- **Additional Resources:**

- Home: Programmable Thermostat, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Programmable-Thermostat.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Programmable-Thermostat.aspx)
- Programmable Thermostats, ENERGY STAR®;  
[www.energystar.gov/index.cfm?fuseaction=find\\_a\\_product.showProductGroup&pgw\\_code=TH](http://www.energystar.gov/index.cfm?fuseaction=find_a_product.showProductGroup&pgw_code=TH)



*When we take these extra steps to improve the efficiency of our heating and cooling systems, all areas thrive.*





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## **Clean the forced-air furnace and air conditioner filters regularly.**

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- When the air filter is dirty, it will slow down air flow into the system. This will make your system work harder to keep you warm or cool. This is a big waste of energy and money.
- A clean filter will be more efficient and prevent dust and dirt from building up in the system. This dirt can lead to expensive maintenance or even early system failure.
- Check your filter every month, especially during heavy use months (winter and summer). If the filter looks dirty after a month, change it.
- At a minimum, change the filter every three months.
- **Additional Resources:**
  - Home: Heating & Cooling, Park City Green.org;  
[www.parkcitygreen.org](http://www.parkcitygreen.org)
  - How to Change Home Air Filters, eHow;  
[www.ehow.com/how\\_4744317\\_change-home-air-filters.html](http://www.ehow.com/how_4744317_change-home-air-filters.html)

## **Keep all vents and registers unobstructed.**

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- When air can flow freely through your furnace and air conditioner, it provides quick comfort, costs less in energy bills and improves the functioning of your system.
- Make sure that baseboard heaters and air returns free from blockage.
- Move drapes, rugs and furniture away from heat registers and return-air vents.
- **Keep all the ducts and vents open in your home.** Closing or covering up vents is typically not a good way to save on energy costs. Heating and cooling systems balance their load throughout the duct system. If one vent gets closed off, it throws the system off balance. Pressure can build up in the duct work, causing leakage and less air circulating in your home. This reduces system efficiency and home comfort. (*ParkCityGreen.org*)

## **Consider an ENERGY STAR® certified appliance.**

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- If your heating or cooling equipment is more than 10 years old or not keeping your house comfortable, have it evaluated by a professional contractor.
- If it is not performing efficiently or needs upgrading, consider replacing it with a unit that has earned the ENERGY STAR® certification.
- Depending on where you live, replacing your old heating and cooling equipment with ENERGY STAR® qualified equipment can cut your annual energy bill by nearly \$200.



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## Tune up your heating and cooling systems yearly.

Just as a tune-up for your car can improve your gas mileage, a yearly tune-up of your heating and cooling system can improve efficiency and comfort.

### Maintenance Checklist for Heating & Cooling Equipment (*EnergyStar.gov*)

A typical maintenance check-up should include the following.

- **Check thermostat settings** to ensure the cooling and heating system keeps you comfortable when you are home and saves energy while you are away.
- **Tighten all electrical connections** and measure voltage and current on motors. Faulty electrical connections can cause unsafe operation of your system and reduce the life of major components.
- **Lubricate all moving parts.** Parts that lack lubrication cause friction in motors and increases the amount of electricity you use.
- **Check and inspect the condensate drain** in your central air conditioner, furnace and/or heat pump (when in cooling mode). A plugged drain can cause water damage in the house and affect indoor humidity levels.
- **Check controls of the system** to ensure proper and safe operation. Check the starting cycle of the equipment to assure the system starts, operates, and shuts off properly.

### Cooling Specific

- **Clean evaporator and condenser air conditioning coils.** Dirty coils reduce the system's ability to cool your home and cause the system to run longer, increasing energy costs and reducing the life of the equipment.
- **Check your central air conditioner's refrigerant** level and adjust if necessary. Too much or too little refrigerant will make your system less efficient increasing energy costs and reducing the life of the equipment.
- **Clean and adjust blower components** to provide proper system airflow for greater comfort levels. Airflow problems can reduce your system's efficiency by up to 15%.

### Heating Specific

- Check all gas (or oil) connections, gas pressure, burner combustion and heat exchanger. Improperly operating gas (or oil) connections are a fire hazard and can contribute to health problems. A dirty burner or cracked heat exchanger causes improper burner operation. Either can cause the equipment to operate less safely and efficiently.
- **Additional Resources:**
  - 10 Tips for Hiring a Heating and Cooling Contractor, ENERGY STAR®; [www.energystar.gov/index.cfm?c=heat\\_cool.pr\\_contractors\\_10tips](http://www.energystar.gov/index.cfm?c=heat_cool.pr_contractors_10tips)



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## Seal your heating and cooling ducts.

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- Ducts that move air to-and-from a forced air furnace, central air conditioner, or heat pump are often big energy wasters. Sealing and insulating ducts can improve the efficiency of your heating and cooling system by as much as 20%, and sometimes much more.
- Focus first on sealing ducts that run through the attic, crawlspace, unheated basement or garage. Use duct sealant (mastic) or metal-backed (foil) tape to seal the seams and connections of ducts. After sealing the ducts in those spaces, wrap them in insulation to keep them from getting hot in the summer or cold in the winter. Next, look to seal any other ducts that you can access in the heated or cooled part of the house.

## Duct Sealing – ENERGY STAR®:

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In houses with forced-air heating and cooling systems, ducts are used to distribute conditioned air throughout the house. In a typical house, however, about 20% of the air that moves through the duct system is lost due to leaks, holes and poorly connected ducts. The result is higher utility bills and difficulty keeping the house comfortable, no matter how the thermostat is set.

How do you know that your home has poorly performing ducts?

- you have high summer and winter utility bills;
- you have rooms that are difficult to heat and cool;
- you have stuffy rooms that never seem to feel comfortable;
- your ducts are located in an attic, crawlspace or the garage;
- you find tangled or kinked flexible ducts in your system?

### Simple Steps to Improving Duct Performance

- Because ducts are often concealed in walls, ceiling, attics and basements, repairing them can be difficult. But there are things that you can do to improve duct performance in your house.
- Some homeowners choose to take on duct sealing as a do-it-yourself project. Start by sealing air leaks using mastic sealant or metal tape and insulating all the ducts that you can access (such as those in attics, crawlspaces, unfinished basements and garages). **Never use duct tape, as it is not long-lasting.** Also, make sure that the connections at vents and registers are well-sealed where they meet the floors, walls and ceiling. These are common locations to find leaks and disconnected ductwork.
- **Additional Resources:**
  - Duck Sealing, ENERGY STAR®; [www.energystar.gov/index.cfm?c=home\\_improvement.hm\\_improvement\\_ducts](http://www.energystar.gov/index.cfm?c=home_improvement.hm_improvement_ducts)
  - A Do-It-Yourself Guide to Sealing and Insulating with ENERGY STAR®; [www.energystar.gov/index.cfm?c=diy.diy\\_index](http://www.energystar.gov/index.cfm?c=diy.diy_index)
  - Weatherization Assistance Program, State of Utah; [housing.utah.gov/wap/index.html](http://housing.utah.gov/wap/index.html)



## Laundry

The average American family washes about 300 loads of laundry each year. Getting our clothes clean and dry uses a lot of water and energy. But there are ways to save on energy costs, cut down on the amount of water used and still have clean clothes.

- Wash your clothes in cold water and use detergents specially designed for cold water loads.
- Wash and dry full loads when possible. Always use the appropriate setting for the size of the load.
- Clean the lint filter in the dryer after each load.
- Periodically inspect the dryer vent to make sure there are no blockages.
- Consider air-drying clothing on warm days on clothes lines or drying racks.
- When shopping for a new clothes washer, look for the ENERGY STAR® label. These models use about 40% less energy and significantly less water compared to a standard model. ENERGY STAR® clothes washers:
  - Use less water. A full-sized ENERGY STAR® certified clothes washer uses 15 gallons of water per load, compared to the 23 gallons used by a standard machine. Over the machine's lifetime, that's a savings of 2,500 gallons of water.
  - Use less energy. On average, a new ENERGY STAR® certified clothes washer uses 270 kWh of electricity and costs \$91 to run each year.

### Laundry Rebate Information:

- Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Laundry/Rebates.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Laundry/Rebates.aspx)

### Laundry Efficiency Resources:

- Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Laundry.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Laundry.aspx)



*Making these changes to our laundry habits can have positive effects on our health, economy and environment.*



## Water

Water is necessary for us to live. Although it may seem that there is an abundance (it comes out of our tap every time we turn it on), water is not unlimited. In addition, as the amount of water available decreases the cost for it goes up in water bills.

The EPA estimates that an average family of 4 in the U.S. consumes around 400 gallons of water a day, 280 of which are used indoors. At least 20-30% of that water usage can be reduced with a few simple acts and upgrades. Here are ideas and tips for ways to reduce water use.

- **Be aware of how high the water is on when you use it.** We are in the habit of turning the water on all the way but rarely need it that high. We can save a lot of water and money by simply opening the faucet only half way.
- **Save water for another use.** Keep a pitcher on hand near the sink or shower to catch extra water for another use. While waiting for the water to get hot or cold, put the pitcher under the faucet or a bucket under the showerhead. Use that water for your plants, to wash fruit and vegetables, for your pet, or for cleaning. It may seem excessive, but in reality, every drop counts.
- **Stop and fix leaks.** Whether it is a faucet, your shower or your toilet, take action today to stop the leak. Sometimes it is as simple as tightening a knob with a wrench, other times you may need to bring in a professional. A toilet that is running constantly could be leaking up to 200 gallons a day. Not only will you save water by fixing your leaks, but you'll also be saving money on your water bill.
- **Install low-flow fixtures.** Low-flow faucet aerators and showerheads are reasonably priced and can affect huge water savings. Look for WaterSense® labeled products that use 20% less water than other fixtures.
  - Water: Low Flow Water Fixtures, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Water/Low-Flow-Water-Fixtures.aspx](http://parkcitygreen.org/Ways-to-Save/Water/Low-Flow-Water-Fixtures.aspx)
- **Trade out your toilet.** Since toilets are responsible for 27% of indoor household water use, it's worth looking into replacing yours. Newer and more water efficient toilets use 1.6 gallons per flush or less.



*Conserving and using water wisely helps our community, health and economy thrive along with the environment.*



- **Replace your appliances.** The most water efficient dishwashers and clothes washers are also ENERGY STAR® labeled, which also means reduced energy use. Use your appliances efficiently by washing only full loads of dishes or clothes. Wait the extra meal to have enough dishes or another day until you have enough clothes to make running that appliance worth it. While some appliances have settings for smaller loads, most do not, and use just as much water to wash a few things as it does to wash a full load. Be sure to read your appliance manuals thoroughly to understand the various settings and energy saving cycles to efficiently wash your dishes or clothes.
- **Insulate hot and cold water pipes** if they are in an unheated garage or exposed beneath your house.
- **Turn off water faucets immediately after use.** You can save thousands of gallons of water a year by simply not letting water run when we are washing dishes or brushing our teeth.
- **Monitor your water bill to check for excess usage.** This could indicate a break in your water line that can cost you thousands of dollars in water bills.

### **Water Saving Resources:**

- Water: 10 Things To Do, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Water/10-Things-To-Do.aspx](http://parkcitygreen.org/Ways-to-Save/Water/10-Things-To-Do.aspx)
- H2Ouse, Water Saver Home;  
[www.h2ouse.org/](http://www.h2ouse.org/)
- Water Sense, U.S. Environmental Protection Agency;  
[www.epa.gov/WaterSense/](http://www.epa.gov/WaterSense/)
- Water Use It Wisely;  
[www.wateruseitwisely.com/](http://www.wateruseitwisely.com/)



## Household Materials / Cleaning Products

Just because a product says it will leave your home “clean” doesn’t mean that it is harmless. Many of our daily cleaners and other materials found in our homes are toxic and bad for us, our pets and our environment.

Here are some ways to clean up the cleaning products and materials in your home.

### **DO NOT dispose of unused medications down the drain or toilet.**

- Flushed drugs are NOT removed by sewage treatment plants and end up in our local streams hurting wildlife and our environment!
- Drop off your drugs at the following locations:
  - Park City Police Dept., 2060 Park Ave., Park City
  - Summit County Sheriff, 6300 N. Silver Creek Dr., Park City
- For at-home trash disposal:
  1. Remove all personal identification from prescription bottles.
  2. Break apart all pills and if available, mix with coffee grounds, kitty litter or another undesirable substance.
  3. Dispose in the trash.
- For more information visit Snyderville Basin Water Reclamation District; [www.sbwrdr.org](http://www.sbwrdr.org)

### **When possible, use environmentally-safe cleaning products.**

- When purchasing natural cleaning products make sure the bottle includes a list of ingredients.
- You should be able to pronounce the names of all of them and should know exactly what each one is.
- The best kind of natural cleaning product you can buy should be made with simple ingredients that you could find in the store and make yourself.
- You should always read the labels of any product, and if a product does not have a label with ingredients then it almost surely has harmful chemicals inside.
- Look out for words like Caution, Warning, Notice and Danger, which could signal a potential harmful chemical.
- Also look for products that have been certified by Green Seal® and carry the Green Seal® logo. Green Seal® certifies cleaning products to be effective at cleaning yet safer for human health and the environment.



- **Safe Cleaning Products Resources:**

- Cleaning Products, Healthy House Institute;  
[www.healthyhouseinstitute.com/a\\_875-Some\\_Cleaning\\_Products\\_More\\_Harmful\\_Than\\_Helpful](http://www.healthyhouseinstitute.com/a_875-Some_Cleaning_Products_More_Harmful_Than_Helpful)
- Household Products Database, U.S. Dept. Health & Human Services;  
[www.householdproducts.nlm.nih.gov/](http://www.householdproducts.nlm.nih.gov/)
- Green Seal®; [www.green Seal.org](http://www.green Seal.org)

### **Make your own cleaning products.** (*ParkCityGreen.org*)

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It's very simple and economical to make your own cleaning products from basic ingredients you probably already have in your home. The most important ingredients are baking soda, vinegar and water, which will clean almost anything.

Here's a list of good ingredients to have on hand for natural, non-toxic cleaning:

- White Vinegar
- Baking Soda
- Borax
- Hydrogen Peroxide (3% concentration)
- Club Soda (plain)
- Lemon Juice
- Liquid Castile Soap
- Corn Meal
- Olive Oil or Walnut Oil
- Toothpaste
- Pure Essential Oils - like lavender, lavender, peppermint, eucalyptus, lemongrass and tea tree oils

With all of these ingredients you can make your own natural and non-toxic cleaning supplies, which cost a lot less as well.

### **All-Purpose Cleaner:**

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This cleaner can be used for just about every surface in your home, from kitchen counters and appliances to bathroom surfaces and walls.

Put 2 Tbsp. white vinegar and 1 tsp. borax into a 16 oz. spray bottle. Fill the rest with very hot water and shake to blend until the borax is dissolved. Add 1/4 cup of liquid castile soap only after you've completed the above steps. If you want to scent your spray, also add 10–15 drops of an essential oil, such as lavender, lemongrass, thyme, eucalyptus, rosemary, rose or clove. The spray will keep indefinitely. For an even simpler solution, try cleaning with two cups of club soda in a spray bottle.





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### **Carpet Cleaner:**

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To clean and disinfect your carpet, blend 1/2 cup baking soda, 1 cup borax, and 1 cup cornmeal. Sprinkle mixture over rug and rub with a cloth. Let rest for several hours or overnight, then vacuum. An even simpler way to clean your carpet is to sprinkle plain baking soda on your carpet, let rest for an hour and then vacuum up. You can also add dry lavender buds to the baking soda for an extra fresh smell.

To remove stains from your carpet, mix 1/4 cup liquid castile soap and 1/3 cup water in a blender until foamy. Spread the mixture on the carpet and let sit for a few minutes, then scrub the stain with a brush or clean rag. Also, club soda will remove many acidic stains, like coffee, wine or juice. To deal with big carpet spills, pour cornmeal on the spill, wait 15 minutes, then vacuum.

### **Hard Floor Cleaner:**

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This solution can be used for all hard floors (except when directed by the manufacturer to avoid even mild detergents).

Combine 1/4 liquid castile soap, up to 1/2 cup white vinegar or lemon juice, and 2 gallons of warm water in a large plastic bucket. Use with a mop or sponge.

### **Glass Cleaner:**

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To make your windows shine, you can simply use club soda in a spray bottle. Add 1 tsp. of lemon juice to increase your window cleaner's degreasing power. Leftover newspaper works very well to reduce streaks.

### **Bathroom Surface Cleaner:**

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You can use the all-purpose cleaners recommended above or, for even simpler bathroom cleaning, use baking soda or borax as a scouring powder. For a softer scrub, combine 1/2 cup baking soda with enough liquid soap to achieve a frosting-like consistency. You may want to add 5-10 drops of an essential oil for fragrance. Club soda works wonders on plumbing fixtures.

### **Toilet Cleaner:**

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Sprinkle baking soda or borax, or pour white vinegar into the toilet, and let sit for a few minutes. Scrub with a good toilet brush.



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### **Oven Cleaner:**

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Cover the oven floor with baking soda, spray with water until very damp, and let set overnight. Spray with water every few hours before you go to bed to keep damp. In the morning, clean out the baking soda and the stuck-on gunk will be loosened and ready to scrub off.

### **Drain Cleaner:**

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Put two tablespoons of baking soda into/over the drain of your sink or tub. Then pour one cup of vinegar on the baking soda. This will begin to fizz a lot and is completely normal. Wait a few minutes, and then pour a kettle of boiling water over the soda/vinegar residue.

### **Mold Remover:**

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Combine 1/2 cup hydrogen peroxide or white vinegar with 1 cup water. Spray on mold and do not rinse. You can also treat mold with a spray mixture of 2 tsp. tea tree oil and 2 cups water.

### **Wood Polish:**

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To polish wood furniture, dab olive oil or walnut oil onto a soft cloth and rub.

### **Silver Polish:**

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Just put some toothpaste on an old toothbrush or wet cloth and go to town. When you're done polishing, rinse the item well in warm water and then dry with a soft cloth.

Information thanks to Park City Green.org;

- [parkcitygreen.org/Ways-to-Save/Home/Cleaning-Supplies.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Cleaning-Supplies.aspx)

### **Homemade Cleaning Products Resources:**

- Homemade Cleaning Products, Consumer Reports;  
[www.consumerreports.org/cro/home-garden/news/december-2006/homemade-cleaning-products-12-06/overview/0612\\_homemade-cleaning-products\\_ov.htm](http://www.consumerreports.org/cro/home-garden/news/december-2006/homemade-cleaning-products-12-06/overview/0612_homemade-cleaning-products_ov.htm)
- 8 Cleaners to Make at Home, The Learning Channel;  
[tlc.howstuffworks.com/home/buy-cleaning-supplies.htm](http://tlc.howstuffworks.com/home/buy-cleaning-supplies.htm)
- Recipes for Safer Cleaners, Healthy Child Healthy World;  
[healthychild.org/blog/comments/recipes\\_for\\_safer\\_cleaners/](http://healthychild.org/blog/comments/recipes_for_safer_cleaners/)



## **Safely dispose of hazardous cleaners and other chemicals and materials.**

Toxic and harmful cleaning supplies should not be flushed down the drain or toilet or thrown out with the normal trash. They could mix in with the water supply or possibly leach into our environment. Toxic cleaning supplies should be treated like hazardous materials and disposed at a Hazardous Materials Collection Facility.

The following locations will accept household cleaners:

- **Summit County Department of Public Works  
THREE MILE CANYON LANDFILL Hazardous Materials Facility**  
Open Monday – Saturday 8:00 am to 4:00 pm  
Closed Sundays and New Year’s Day, the Fourth of July,  
Thanksgiving and Christmas  
435-615-3970
- **Salt Lake Valley Solid Waste Management Facility**  
6030 West California Ave. (1400 South), Salt Lake City  
Monday – Saturday 8:00 am to 4:00 pm  
801-974-6922
- **Trans Jordan Landfill**  
10873 South 7200 West Hwy U-111  
Monday – Saturday 8:00 am to 4:00 pm  
801-569-8994 In Summit County

### **Disposal Resources and information:**

- Hazmat Drop-Off, Recycle Utah;  
[www.recycleutah.org/hazmat\\_drop-off.html](http://www.recycleutah.org/hazmat_drop-off.html)
- Cleaning Supplies, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Home/Cleaning-Supplies.aspx](http://parkcitygreen.org/Ways-to-Save/Home/Cleaning-Supplies.aspx)



*Safely dealing with hazardous products can enable our health, families, economy, community and environment to thrive.*



## **Keep hazardous materials stored properly and out of reach of kids and pets.**

Hazardous materials, by nature, can harm children or adults if you fail to store the dangerous substances safely. Proper storage reduces the risk of accidents involving hazardous materials. If the substance is ignitable, corrosive, toxic or reactive, then it is hazardous.

A majority of household chemicals and materials fit these categories, including paint, motor oil, antifreeze, insecticides, herbicides, fungicides, cleaning agents, adhesives, arts and craft materials, aerosol cans, propane cylinders, moth repellents, batteries, smoke detectors, televisions, cell phones and ammunition.

### **Steps to storing these materials:**

- 1. Follow all the storage instructions on the product label.** Storage requirements vary based on the hazardous property a material has.
- 2. Be sure to store all volatile products in well-ventilated areas.** Fumes can be toxic to humans and animals.
- 3. Make certain you store flammable products in the recommended temperature range.** The containers will bulge if you store them in temperatures that are too high. Liquid materials will expand, freeze and burst if you store them in temperatures that are too low.
- 4. Keep all hazardous materials out of the reach of children and away from all animals.**
  - Buy products with safety lids whenever possible.
  - Put all hazardous materials stored in the house, garage or basement behind locked doors.
- 5. Use the original container to store the hazardous material.** If the label is lifting off, use a transparent tape to secure it.
- 6. Reduce the amount of hazardous materials you keep in storage.** Purchase only the amount necessary to complete your current job. You may find it better to discard leftover product rather than storing it. Just make sure you follow the proper process for disposing of hazardous materials.
- 7. Do periodic maintenance storage areas.**
  - Look for problems inside each storage area on a regular basis. Be sure there are no apparent fumes.
  - Inspect all hazardous material containers. Make sure you can clearly see each label. The containers should be free of rust, bulges, dents or leaks.
  - Use a separate broom and dustpan for chemical cleanup. Be sure to lock these tools away when you are not using them.

**If a family member ingests or swallows these hazardous materials, call Poison Control as soon as possible at 1-800-222-1222.**



## Home Maintenance

How we take care of our homes can have an impact on our health, our community and our environment. Here are some ways to maintain our homes while enhancing our ability to thrive.

### **When renovating, utilize recycled or renewable construction materials.**

- Instead of buying new items for your next remodel project, check first with Recycle Utah to see what they have at their Warehouse or with Habit for Humanity's ReStore.
- When you utilize these recycled or gently used materials you are cutting back on the amount of stuff going to our landfill as well as saving resources from the manufacture of new items.
- Call the Park City Recycling Center at 435-649-9698 or visit them at 1951 Woodbine Way in Park City.
- Visit the Habit for Humanity ReStore at 6280 Silver Creek Drive, near Home Depo in Park City or call 435-487-9015.

### **Chose low or no VOC paint.**

- Volatile organic compounds (VOCs) are emitted as gases from some household painting products. Some of these VOCs may have short- and long-term adverse health effects.
- These health effects can include eye, nose and throat irritation; headaches, loss of coordination, nausea, or damage to liver, kidney and central nervous system.
- Look for paints that list "Low VOC" or zero "VOC" on their labels.

- **Additional Resources:**

- Interior Paints Review, Consumer Reports;  
[www.consumerreports.org/cro/magazine-archive/march-2009/home-garden/interior-paints/overview/interior-paints-ov.htm](http://www.consumerreports.org/cro/magazine-archive/march-2009/home-garden/interior-paints/overview/interior-paints-ov.htm)
- Paint Labels, Nature Resources Defense Council;  
[www.nrdc.org/living/labels/paint.asp](http://www.nrdc.org/living/labels/paint.asp)
- Volatile Organic Compounds (VOCs), EPA;  
[www.epa.gov/iaq/voc.html](http://www.epa.gov/iaq/voc.html)



*The choices we make for maintaining our homes affects our health, community, economy and the environment.*



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## **Properly maintain your septic system if you have one.**

- As a homeowner you're responsible for maintaining your septic system.
- Maintaining your septic system protects your investment in your home and the local environment.
- You should periodically inspect your system and pump out your septic tank.
  - If your septic system isn't maintained, you might need to replace it, costing you thousands of dollars. Or you might be required to hook your house to the local sewer system, costing tens of thousands of dollars.
  - A malfunctioning system can contaminate groundwater that might be a source of drinking water.
  - If you sell your home, your septic system must be in good working order.
- **Top Four Things You Can Do to Protect Your Septic System (EPA)**
  - Inspect your system (every 3 years) and pump your tank as necessary (generally every 3 to 5 years).
  - Use water efficiently.
  - Don't dispose of household hazardous wastes in sinks or toilets.
  - Care for your drainfield.
- **Septic System Maintenance Resources and Information:**
  - A Homeowner's Guide to Septic Systems, EPA;  
[www.epa.gov/npdes/pubs/homeowner\\_guide\\_long\\_customize.pdf](http://www.epa.gov/npdes/pubs/homeowner_guide_long_customize.pdf)
  - Septic Program, Summit County Health Department;  
[www.summitcountyhealth.org/property-owners/septic-program/](http://www.summitcountyhealth.org/property-owners/septic-program/)

## **Choose good contractors and laborers.**

- When hiring contractors or laborers, make sure they are paying fair wages and using legal workers.
  - These legal contractors and laborers pay taxes and increase the quality of life for those in our community working for them.
- Use local contractors whenever possible.
  - These wages stay into our community and we help keep our neighbors employed.
- Verify that the contractor has a current license.
  - Licensee Lookup & Verification System, State of Utah;  
<https://secure.utah.gov/llv/search/index.html?jsessionid=8117dd7eaf412c1772aeb02d1d05>
- **Other Resources:**
  - Avoiding Costly Mistakes on Your Home Building Projects, Utah Department of Commerce;  
[www.dopl.utah.gov/licensing/contracting\\_avoid\\_costly\\_mistakes.html](http://www.dopl.utah.gov/licensing/contracting_avoid_costly_mistakes.html)



## Waste and Garbage

What we get rid of from our homes can have as much if not more of an impact on the health of our environment as does what we bring in and use in homes. Here are some ways to lessen the impact of our waste and garbage on our community, our health and the environment.

### Eliminate junk mail.

- The U.S. Environmental Protection Agency estimates that more than 4 million tons of junk mail are produced each year. Not only does this unnecessary mail fill our own mail boxes but is also a waste of precious natural resources.

Each year:

- More than 100 million trees are cut down.
  - About 28 billion gallons of water are used.
  - Creating and shipping junk mail produces more emissions than 9 million cars.
- To eliminate junk mail, you must contact one of the following organizations to have your name removed from their mailing lists:
    - National Do Not Mail List;  
[http://www.directmail.com/directory/mail\\_preference/Default.aspx?ref=G](http://www.directmail.com/directory/mail_preference/Default.aspx?ref=G)  
When you complete the online National Do Not Mail List form, you can indicate if there are any mailings you would like to receive (a list is provided). You can choose as many or as few—or none—as you want.
    - Direct Marketing Association, [DMAchoice.org](http://DMAchoice.org);  
You can register online or by regular mail. Your request is good for five years, and you can let them know what mail you want to get as well as what you don't want.
  - Neither DirectMail.com nor the Mail Preference Service can guarantee that your name will be removed from ALL mailing lists on which you appear. Therefore you may want to try some of the suggestions listed in the following sites:
    - Junk Mail, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Waste/Junk-Mail.aspx](http://parkcitygreen.org/Ways-to-Save/Waste/Junk-Mail.aspx)
    - Junk Mail, VolunteerGuide.org;  
[www.volunteerguide.org/minutes/service-projects/junk-mail](http://www.volunteerguide.org/minutes/service-projects/junk-mail)
    - How to Get Rid of Junk Mail, EcoFuture.org;  
[www.ecofuture.org/jnkmail.html](http://www.ecofuture.org/jnkmail.html)



*By taking proper care of and even eliminating garbage and waste, we benefit our community, health, economy and environment.*



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## **Recycle products whenever possible.**

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- Trash comes from many sources. In addition to bottles, boxes, cans, paper and yard waste, we discard several million tons of tires as well as appliances, furniture and clothing each year. Packaging waste, including glass, aluminum, plastics, metals and cardboard add significantly to annual waste totals, along with yard trimmings.
- Fortunately, many items we no longer need can be recycled and/or reused rather than simply thrown out as trash. Recycling involves taking materials that would normally be discarded as waste and giving them a new life.
- In our communities, recyclables can be placed in special containers for curbside pickup, or we can utilize drop-off centers to help encourage residents to not throw away recyclables.
- By taking the time to recycle, not only will our need for landfills and incineration be reduced, but we will also be helping to conserve national resources such as timber, water and minerals, sustaining the environment for future generations.
- **For more information on Recycling in Summit County please visit the following sites:**
  - Recycle Utah; [recycleutah.org](http://recycleutah.org)
  - Recycling, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Waste/Recycling.aspx](http://parkcitygreen.org/Ways-to-Save/Waste/Recycling.aspx)
  - Waste Collection and Recycling, Summit County;  
[summitcounty.org/waste-recycle/index.php](http://summitcounty.org/waste-recycle/index.php)
  - Wastes – What You Can Do, U.S. EPA;  
[www.epa.gov/epawaste/wycd/index.htm](http://www.epa.gov/epawaste/wycd/index.htm)

## **Compost your organic waste.**

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- Yard trimmings and food residuals together constitute 27% of the U.S. municipal solid waste stream. That's a lot of waste to send to landfills when it could become useful and environmentally beneficial compost instead.
- Composting is a rewarding and incredibly environmentally-friendly activity. You'll be cutting down on your trash and creating your own organic and natural fertilizer for use in your garden, yard and plants. Compost helps enrich your soil, reduce pollution and clean up contaminated soil.
- **Here are some great websites with information on how to compost:**
  - Composting, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Waste/Composting.aspx](http://parkcitygreen.org/Ways-to-Save/Waste/Composting.aspx)
  - Composting, U.S. EPA;  
[www.epa.gov/epawaste/conserv/rrr/composting/index.htm](http://www.epa.gov/epawaste/conserv/rrr/composting/index.htm)





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## Reuse, repair or donate products.

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- Reuse, repair or donate products instead of just throwing them away when you are finished with them.
- Many products that we throw away could be re-used for other purposes or donated for others to use. If something is truly unusable for its original purpose, try to think of how else it might be used. When you can no longer use a product, consider giving it to charity. Reusing products, when possible, is even better than recycling because the item does not need to be reprocessed before it can be used again, which saves both energy and natural resources.
- **Here are some easy ways to reuse:**
  - Use a mug or glass instead of disposable cups.
  - Use reusable water bottles rather than disposable plastic bottles.
  - Reuse plastic and paper bags from the store or bring your own canvas bag.
  - Buy rechargeable batteries instead of disposable, one-time-use batteries.
  - Borrow, rent or share items that are used infrequently.
  - Donate your used or surplus building materials including appliances, hardware, kitchen cabinets, bathroom fixtures, etc.
  - Where possible, repair worn shoes, boots, handbags, briefcases, watches and electronics.
- **Many of your gently used items can be reused.**
  - Clothes Donation - If you have old clothes, consider donating them to local charity.
    - Christian Center of Park City Thrift Shoppe, 435-649-2260
    - Saint Lawrence Thrift Store, Heber, 435-657-0209
    - Big Brothers, Big Sisters of Utah, BBBS.org
  - Clothes Resale - Resell your gently used clothes in consignment stores and stop in to see if you can get some bargains of your own.
  - Used and Surplus Building Supplies - If you are remodeling your home check out the Construction Thrift Store at Recycle Utah, 435-649-9698.
  - Used Books - donate your old books to our local libraries.
  - Consider 'freecycling' your old items – giving them away for free. Park City Green.org has a number of places listed where you can go to give away your things, and maybe even pick up something new for you in the process:
    - Freecycle, Park City Green.org;  
[parkcitygreen.org/Ways-to-Save/Waste/Freecycle.aspx](http://parkcitygreen.org/Ways-to-Save/Waste/Freecycle.aspx)



## Indoor Air Quality

We spend much of our time indoors. The air that we breathe inside our homes can put us at risk for health problems. These risks can come from chemicals, gases and living organisms like mold and pests.

Several sources of air pollution are in our home. Some pollutants cause health problems such as sore eyes, burning in the nose and throat, headaches or fatigue. Other pollutants cause or worsen allergies, respiratory illnesses (such as asthma), heart disease, cancer and other serious long-term conditions. Sometimes individual pollutants at high concentrations, such as carbon monoxide, can cause death.

The most common pollutants are radon, combustion products, biologicals (molds, pet dander, pollen), volatile organic compounds, lead dust and asbestos. Poor indoor air quality in your home can lead to problems like asthma, allergies, lung disease, high levels of toxicity and more.

### Sources of indoor air pollution. ([epa.gov](http://epa.gov))

Understanding and controlling some of the common pollutants found in your home may help improve your indoor air and reduce your family's risk of health concerns related to indoor air quality.

- **Radon** is a radioactive gas that is formed in the soil. It can enter indoors through cracks and openings in floors and walls that are in contact with the ground.
- **Secondhand smoke** comes from burning tobacco products. It can cause cancer and serious respiratory illnesses.
- **Combustion pollutants** are gases or particles that come from burning materials. In homes, the major source of combustion pollutants are improperly vented or unvented fuel-burning appliances such as space heaters, woodstoves, gas stoves, water heaters, dryers and fireplaces.
- **Volatile organic compounds** are chemicals found in paints and lacquers, paint strippers, cleaning supplies, varnishes and waxes, pesticides, building materials and furnishings, office equipment, moth repellents, air fresheners and dry-cleaned clothing.
- **Molds** are living things that produce spores. Molds produce spores that float in the air, land on damp surfaces, and grow.



*Clean indoor air allows our family,  
our health and economy,  
and the environment to thrive.*

### Resources and Information:

- Indoor Air Quality, Summit County Health Department;  
[www.summitcountyhealth.org/property-owners/indoor-air-quality/](http://www.summitcountyhealth.org/property-owners/indoor-air-quality/)
- Air Quality, Utah Department of Environmental Quality;  
[www.airquality.utah.gov/](http://www.airquality.utah.gov/)
- Indoor Air Quality, Environmental Protection Agency; [www.epa.gov/iaq/](http://www.epa.gov/iaq/)
- Healthy Air, American Lung Association; [www.lung.org/healthy-air/](http://www.lung.org/healthy-air/)
- Green Choices, Utah Department of Environmental Quality;  
[www.greenchoices.utah.gov/AtHome/indoor\\_aq.htm](http://www.greenchoices.utah.gov/AtHome/indoor_aq.htm)



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## **How to improve the air quality in your home:**

*(ParkCityGreen.org)*

- **No Smoking** - Declare your home a smoke-free zone. Secondhand smoke can cause serious health problems, especially for children. Ask smokers to take it outside and preferably away from your house.
- **Ventilate** - Good ventilation reduces indoor air pollution. Ideally your home is ventilating enough to bring in fresh air, but not so much that you are losing heat or cooling. The American Society of Heating, Refrigerating, and Air-Conditioning Engineers (ASHRAE) recommends a ventilation rate of 0.35 ach (air changes per hour) for new homes, and some new homes are built to even tighter specifications. Particular care should be given in such homes to preventing the build-up of indoor air pollutants to high levels. You should also leave doors between rooms open most of the time for better air circulation. Open windows when possible to allow for a good supply of outdoor air. Install exhaust fans in bathrooms to remove moisture and chemicals from the house.
- **Control Humidity** - Keep humidity levels low with a dehumidifier or air conditioner, as needed. Clean both regularly so they don't become a source of pollutants themselves. Fix all leaks and drips in the home, as standing water and high humidity encourages the growth of mold and other biological pollutants. A relative humidity of 30-50% is generally recommended for homes.
- **Prevent CO Poisoning** - To prevent carbon monoxide poisoning, have all fuel burning appliances inspected by a qualified technician once a year. The fall and early winter is the most likely time to have issues with improper ventilation of combustion gases or inefficient burning. Install a carbon monoxide detector near your sleeping rooms.
- **Control Allergens** - To keep dust mites and other allergens to a minimum, clean regularly. Wash bedding materials in hot water (at least 130°). Carpet collects allergens, dirt, dust and mold and can be very unhealthy for those who suffer from allergies. Consider replacing carpet with area rugs that can be taken up and washed often.
- **Vent While Cooking** - Fit your gas range with a hood fan that exhausts the air outside. Use the fan or open a window when cooking to remove gas fumes.
- **Use Safe Cleaning Products** - Check commercial cleaning products and pesticides for toxic ingredients, and use according to manufacturers' directions. Keep your home well ventilated when using these products. Consider switching to less toxic alternatives.
- **Test Your Home For Radon** - Learn more about radon exposure and how to eliminate it from your home by visiting Radon.Utah.Gov.
- **Turn It Off** - Never leave a car, lawn mower or other gas-fired equipment running in an attached garage or shed or near an open window. Avoid the use of unvented heaters or charcoal grills indoors.
- **Shop Smart** - When purchasing new furniture or products from your home, find the least toxic that you can. Avoid furniture and products that contain formaldehyde or VOCs, opting for natural products and lower VOC options.



## Your Yard and Property

### **Remove noxious weeds from your property.**

- A noxious weed is a plant that is not native to the United States or to Utah. These plants have been brought in by ignorance, mismanagement or accident.
- A noxious weed is invasive species of a plant that has been designated by county or state as one that is injurious to agricultural and or horticultural crops, natural habitats and ecosystems, or human or livestock.
- Occasionally some are native. Noxious weeds typically are plants that grow aggressively, multiply quickly without some type of control, and adversely affect native habitats and cropland.
- Noxious weeds are a large problem in many parts of Summit County, greatly affecting acres of agriculture land, forest lands, parks, ski resorts and open spaces around older subdivisions.
- Devastation caused by noxious weeds is enormous. Economic losses from weeds exceed \$20 billion annually in the United States.
- Prevention, preserving and protecting lands not presently infested is the first line of defense against aggressive noxious weeds.
- Prevention requires awareness. Summit County is beefing up their program to get the word out to the public, and to recognize, report, and control new infestations before they become a problem.
- **The Summit County Weed Department has created a guide to these noxious weeds that we have in our communities and how to remove them:**
  - [www.co.summit.ut.us/weed/downloads/Weed\\_Book.pdf](http://www.co.summit.ut.us/weed/downloads/Weed_Book.pdf)



*When we take good care of our yard and property, our local environment thrives along with our economy and community.*



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## Use native plants for landscaping.

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- Native plants can be a gardener's best friend. They will thrive without much care, survive the cold winters and hot summers, and are disease and pest resistant. These species have worked for thousands of years to get used to the growing conditions of the surrounding area and are now ready for you to utilize their years of evolution.
- Natural landscapes contribute positively to the overall quality of the environment by improving air, water and soil quality while providing much-needed wildlife habitat (attract butterflies and birds). These plants provide the best overall food sources for wildlife, while requiring less fertilizer, less water and less effort in controlling pests. Over time this translates to less cost to maintain a garden.
- Using native plants in your landscape is a win-win for you and the environment. Here are the top ten reasons to use native plants in your landscape: (*Long Island Gardening Community Resource, ligrows.com*)
  1. Once established, native plants require little care and maintenance.
  2. Native plants save money on landscaping costs.
  3. Native plants are pest and disease resistant.
  4. Once established, native plants require little or no watering.
  5. Once established, native plants require no fertilization (or pesticides).
  6. Native plants survive harsh winters and hot dry summers.
  7. Native plants provide wildlife with food and protection.
  8. Native plants help reduce erosion to a minimum (good for riverbanks).
  9. Native plants are non-invasive.
  10. Native plants look like they belong in the landscape.
- **Information and Resources for Utah's Native Plants:**
  - Utah Native Plant Society;  
[www.unps.org/index.html](http://www.unps.org/index.html)
  - Plants & Gardening, Red Butte Garden;  
[www.redbuttegarden.org/plants](http://www.redbuttegarden.org/plants)
  - Utah Native Plants, Utah State University;  
[www.hort.usu.edu/plantguide/index.htm](http://www.hort.usu.edu/plantguide/index.htm)
  - Landscaping with Native Plants, EPA;  
[www.epa.gov/greenacres/](http://www.epa.gov/greenacres/)



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## Save water.

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- Adjust sprinklers so only your lawn is watered and not the house, sidewalk or street.
- Choose shrubs and groundcovers instead of grass for hard-to-water areas such as steep slopes and isolated strips.
- Water your lawn and garden in the morning or evening when temperatures are cooler to minimize evaporation.
- Spreading a layer of organic mulch around plants retains moisture and saves water, time and money.
- Use a broom instead of a hose to clean your driveway and sidewalk and save water every time.
- If water runs off your lawn easily, split your watering time into shorter periods to allow for better absorption.
- We're more likely to notice leaks indoors, but don't forget to check outdoor faucets, sprinklers and hoses for leaks.
- Adjust your lawn mower to a higher setting. A taller lawn shades roots and holds soil moisture better than if it is closely clipped.
- Use drip irrigation for shrubs and trees to apply water directly to the roots where it's needed.
- Reduce the amount of lawn in your yard and use native plants for landscaping.
- Remember to check your sprinkler system valves periodically for leaks and keep the sprinkler heads in good shape.
- Don't water your lawn on windy days when most of the water blows away or evaporates.
- Water your plants deeply but less frequently to encourage deep root growth and drought tolerance.
- Learn how to shut off your automatic watering system in case it malfunctions or you get an unexpected rain.
- **Water Saving Resources:**
  - Water Use & Conservation Resources, Mountain Regional Water District;  
[www.mtregional.org/Resources.html](http://www.mtregional.org/Resources.html)
  - Utah Division of Water Resources;  
[www.conservewater.utah.gov/](http://www.conservewater.utah.gov/)