

# FOOTHILL PLAZA GREEN GUIDE



Sacramento | Yolo  
Mutual Housing  
Association

*Transforming Lives...Building Community*

# RECYCLING

## WHY RECYCLE?

- It is the right thing to do!
- If you throw something away, it is no longer useful
- We have too much waste
- It benefits the environment
- The more we recycle the more raw materials we have available to make other things
- Caring for environmental health is as important as caring for personal health – they are one & the same
- It's easy. It doesn't cost anything. Every recycled action counts/every recycled item makes a vast collective difference
- Recycling lessens the potential for global climate change
- It is smart to recycle



## DEPOSIT RECYCLABLES IN RECYCLE BINS

### DISPOSE

- Medications (At: Walgreens Drug Store, Kaiser Permanente, or Safe Medicine Disposal Bin)
- Used Motor Oil/Filters, & Cooking Oil (At: Sacramento Waste Oil)

## RECYCLABLES

- Cans & Clean Aluminum Foil
- Glass Bottles & Jars – All Colors
- Plastics – All plastic food & beverage containers #1-7
- Clean plastic bags and film plastics
- Plastic Toys – displaying #1-#7 symbols
- Paper – All types if clean & dry

## NON-RECYCLABLES

- Batteries
- Buckets – five gallons
- Fluorescent light bulbs
- Flower pots
- Mercury containing devices (thermometers, light bulbs)
- Paint cans
  - Paper that is food contaminated (including pizza boxes)
- Styrofoam (including packing peanuts)
- Oil, fluids or household hazardous waste materials
- Syringes

# AIR



- **Keep all areas clean – dirt** turns to dust
- **Leave shoes at front door to** prevent outside dirt/germs from becoming indoor dust
- **Smoke only outside of Resident** Complex or inside your apartment; Dispose of cigarette butts properly
- **Eliminate use of toxic chemicals** and cleaners
- **Grow green plants indoors to** help clean the air
- **Vacuum and clean vacuum** cleaner filter often
- **Eliminate all sources of pollutants** (non-green products)
- **Keep all walls and surfaces clean,** especially in moist areas. Some mold is toxic!
- **Ventilate home with clean outdoor** air when possible
- **Carpool/Keep car in good working** order. Bus, walk, bicycle when possible. Air pollution is worse in apartment areas where lots of cars operate in one place. This is especially dangerous to children's health. Don't idle your car for long periods of time in apartment complex



# PEST/MOLD PREVENTION

- **Wash dishes and keep kitchen area/floors free of food particles/crumbs**
- **Keep environment clean and dry** (remove cob webs)
- **Watch for and control moisture:** Keep humidity low by using air-conditioner/fans/dehumidifier/open windows

- **Check for mold in water use areas** (especially under sinks and around bathtubs)
- **Clean any mold area immediately**
- **Report all pest problems to** property management
- **Dispose of all trash promptly** and properly
- **Use natural alternative bug spray** (know your ingredients)

## CLEANING

- **Use safe, green and non-toxic cleaning products** (know your ingredients)
- **Use green, high efficiency laundry soap**
- **Use homemade, safe, green recipes**
- **Keep refrigerator/freezer clean**
- **Keep all (inside and outside) areas clean.**
- **Buy eco-friendly products** (know your ingredients)



- **Wash, Dust, Clean often**
- **Sweep, Mop, Vacuum often**

KNOW YOUR INGREDIENTS BY  
READING LABELS . . .

# GARDENING



## **WATER APPROPRIATELY TO CONSERVE WATER**

- Do not allow plants to wilt before watering
- Don't over water/roots need air as well as water

## **PLAN FOR/PLANT/GROW SEASONAL AND NATIVE PLANTS**

- Ask your local nursery

## **SHARE TOOLS AND RESOURCES WITH THE COMMUNITY/RETURN WHAT YOU BORROW USE ORGANIC/NATURAL PESTICIDES**

- Less expensive and it's good for the environment

## **USE THE BEST GREEN/ORGANIC GARDENING PRACTICES**

- Know/build/enrich your soil
- Manage your soil nutrients (Add organic matter and fertilizer; turn the soil)
- Plant wisely: choose healthy/disease resistant plants
- Plant in the right place, with right light for best growth
- Promote/ensure diversity of plants

## **USE ECO FRIENDLY PRODUCTS**

Why green and organic products are important . . .

- Good for your health
- Organically grown foods have more nutrients
- Helps pollinators pollinate plants
- Minimizes water contamination and conserves water
- Prevents erosion
- Provides an alternative to poisonous synthetic pesticides
- Protects children and wildlife

## **MANAGE INSECT PESTS**

- Practice integrated pest control to protect human health
- Identify culprits/remove pest manually or/w traps, organic repellants, or barriers
- Use botanicals: Plant based insecticides to control weeds & pests
- Plant pest resistant plants (ask your local nursery)
- Identify/attract beneficial insects (i.e. Lady Bugs)

# ENERGY SAVINGS



## USE LESS ELECTRICITY

- Use compact fluorescent light bulbs w/ENERGY STAR label
- Turn off lights when not in a room

## AIR OR HAND DRY DISHES

- Use fans rather than air-conditioning
- Close blinds on hot, sunny days; open blinds on cold, sunny days

## AIR-CONDITIONING/HEATING

- Set thermostat as low as is comfortable in the winter, and as high as is comfortable in summer

## TURN OFF

- Turn off appliances, computer, monitor completely when not in use

## POWER STRIPS

- Plug home electronics (TV's, DVD players, etc) into power strips. Turn off power strips when equipment is not in use.

## CONSERVE WATER

- Take shorter showers instead of baths (conserves water & energy)
- Don't let water run while brushing teeth or shaving
- Wash only full loads of clothes; air dry clothes when possible

## DRIVE SENSIBLY

- Aggressive/fast driving wastes gasoline/energy

# NATURAL, NON-TOXIC, DO-IT-YOURSELF PESTICIDE RECIPIES



## 1 DISHWASHING LIQUID/VEGETABLE OIL (ELIMINATES WHITE FLIES, SPIDER MITES, APHIDS)

USDA recommendation: Mix one teaspoon of liquid dishwashing detergent with one cup of vegetable oil. Shake vigorously to emulsify and add to a quart of tap water. Use at 10-day intervals as an all-purpose spray for white flies, spider mites, aphids, and various insects on carrots, celery, cucumbers, eggplants, peppers, and others. Note: Test on a single plant first because it may cause tip burn. This is a contact insecticide, so spray mix directly on the pest.

## 2 MILK AND WATER (PREVENTS FUNGUS GROWTH)

Fill a spray bottle with half milk and half water. Shake and spray every 3 or 4 days.

## 3 LIQUID DETERGENT-ALCOHOL SPRAY (ELIMINATES PLANT PESTS)

Mix one teaspoon of liquid dishwashing detergent plus one cup of rubbing alcohol in one quart of water. Test on a few leaves first to make sure no harm is done to sensitive plants. Spray top and bottom sides of leaves, or if plant is small and potted, invert it in a large pan of solution (holding soil ball securely) and gently swish back and forth. Repeat in seven days.

Or, Mix 1 c. vegetable oil with 1 tbsp. liquid dishwashing soap. Add 1 1/2 tsp. for every cup of warm water to a handheld spray bottle, or add entire mixture to a 1-gallon garden sprayer and fill with water. Spray entire plant, including the undersides of leaves.

## **4 LIQUID DETERGENT – HOT PEPPER SPRAY** (ELIMINATES A NUMBER OF INSECTS ON BOTH INDOOR AND OUTDOOR PLANTS)

Steep three tablespoons of dry, crushed hot pepper in ½ cup hot water (covered) for half an hour. Strain out the particles of peppers, and then mix solution with the liquid detergent formula mentioned above. Note: Apply to plants outdoors. Do not use on windy days. Avoid breathing fumes which can be irritating to nose and eyes. You can substitute hot Tabasco sauce or Louisiana hot sauce for hot peppers.

## **5 GARLIC AND ONIONS** (KILLS APHIDS AND APPLE BORERS)

Grind up raw onions or garlic into a puree. Soak in warm water overnight and strain. Liquid can be sprayed on roses, fruit trees, and flowers. Scrape off any loose bark on the trunk and swab liquid on. Many gardeners mix onion water and wood ashes and paste mixture on tree trunks.

## **6 PEST AND WATER** (ELIMINATES INSECT'S FRIENDS AND RELATIVES)

Capture and crush 1/2 c. of a single kind of insect. Add 2 c. water and strain. Mix 1/4 c. of the solution and a few drops of liquid soap to water in a spray bottle and target the insect's friends and relatives. Sounds gross, but this is a very effective species-specific control.

## **7 GARLIC AND MINERAL OIL** (ELIMINATES INFESTATIONS)

Chop 10 – 15 garlic cloves into small pieces to soak in 1 pint mineral oil overnight. Mix a few drops of liquid detergent, a couple of hot peppers or pepper sauce, and one chopped garlic clove with water in a handheld spray bottle and take aim at the insects. Strain and spray oil mixture directly on infestations.

## **8 BAKING SODA AND VEGETABLE OIL** (PREVENTS FUNGUS GROWTH)

Mix 2 tbsp. baking soda, 1 tbsp, vegetable oil, and 1 pint of water in a spray bottle. Shake up and add 1 tbsp. castile soap. Spray on leaves and soil every 5 to 7 days.

## **9 APPLE CIDER VINEGAR** (PROHIBITS MILDEW MOLD GROWTH)

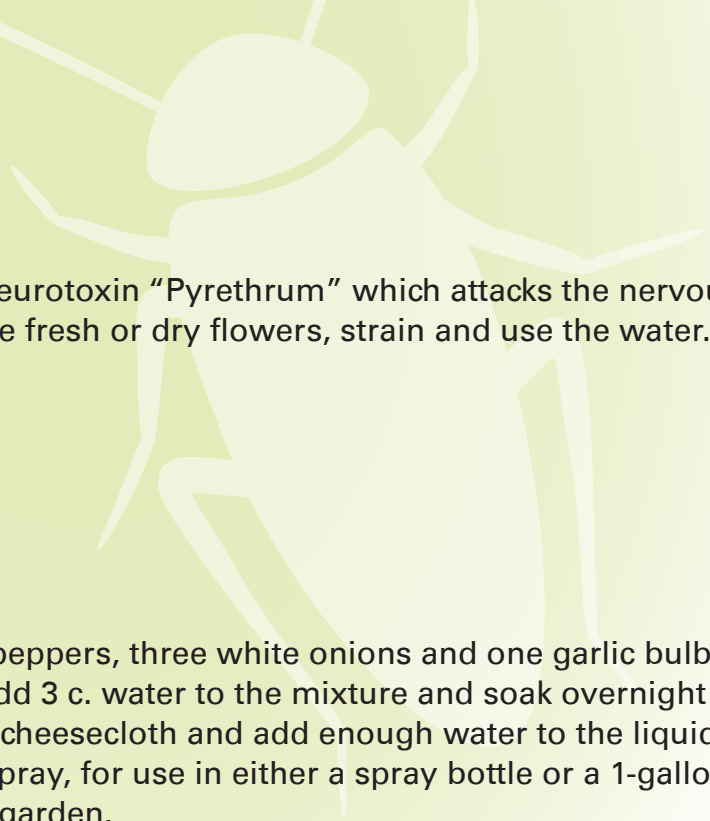
Spray raw apple cider vinegar on leaves or on soil around plants.

## **10 CHRYSANTHEMUM** (ELIMINATES INSECTS)

Chrysanthemum contains a neurotoxin “Pyrethrum” which attacks the nervous system of insects. Just boil the fresh or dry flowers, strain and use the water.

## **11 GARDEN SPRAY** (PREVENTS GARDEN PESTS)

In a blender, puree three hot peppers, three white onions and one garlic bulb. (No need to peel anything.) Add 3 c. water to the mixture and soak overnight in a covered bowl. Strain with a cheesecloth and add enough water to the liquid solution to make 1 gallon of spray, for use in either a spray bottle or a 1-gallon garden sprayer for the whole garden.



# GREEN CLEANING RECIPES



## INGREDIENTS:

**BAKING SODA:** Helps to clean and deodorize, will act as a scouring agent, polisher, stain remover, fabric softener. Use to clean plastic, vinyl, carpet, silver, stainless steel, drains, and refreshes your fridge.

**BORAX:** Helps to clean and deodorize. Use on wallpaper, painted walls, and doors. Use it with your detergents to remove stains and boost the cleaning power. (Borax can irritate the skin, especially with direct contact, so the use of gloves is recommended. Wash your hands after use. Borax can also irritate the eyes. Borax is not to be ingested; Borax is for external use only. Do not use Borax around food, children, or pets. Do not put it directly on carpet. Make sure you rinse Borax out of clothes and off of surfaces before use. Use and store Borax, and all products, safely.)

**VINEGAR:** Helps remove stains, wax buildup, and mildew. Use to clean windows, fireplaces, grout, paintbrushes, glass, and coffee pots. It smells bad, but it cleans great. Smell evaporates as it dries

## RECIPES:

### 1 WINDOW AND MIRROR CLEANER

- Put  $\frac{1}{4}$  cup of vinegar in a 16 oz spray bottle and fill to the top with water. A few drops of detergent may be added for preventing streaks. Spray on surface. Rub with a diaper, other lint free rag, or sheet of newspaper.

### 2 DUSTING

- Use a soft cloth slightly dampened with water instead of dry-dusting, which just kicks dust up into the air.

### 3 TUB AND SINK CLEANERS

- Sprinkle baking soda on porcelain fixtures and rub with a wet rag. Rinse well to avoid a haze film.
- Cream of Tarter and white vinegar mixed together to make a paste.
- 2 tsp. Borax, 4 tsp. of white vinegar, 3-4 cups of hot water mixed into a spray bottle.

## 4 DRAIN CLEANER

- Pour  $\frac{1}{2}$  cup of baking soda down the drain first, then  $\frac{1}{2}$  cup of vinegar. Let it fizz for a few minutes. Then pour down a tea kettle full of boiling water. Repeat if needed.

## 5 SPOT CLEANER

- Use  $\frac{1}{4}$  cup of borax and 2 cups of water. Dissolve in water, sponge on stain and let it dry or pre-treat before washing.

## 6 OVEN CLEANER

- **Do not use this cleaner on self cleaning ovens.** Mix 1 cup of baking soda with enough water to make a paste. Apply to oven surface and let stand a little while. Use the scouring pad for scrubbing most surfaces. A spatula or bread knife is effective to get under large food deposits.

## 7 AIR FRESHENERS

- Dissolve 1 tsp of baking soda in 2 cups of hot water; add 1 tsp of lemon juice. Pour the solution into a spray bottle and spray as you would an air freshener.
- Place a few slices of citrus fruit, cloves, or cinnamon in a pot with enough water to simmer gently for  $\frac{1}{2}$  hour.
- Use baking soda in your garbage, refrigerator and/or freezer to help reduce odors at their source.

## 8 ALL PURPOSE CLEANER

- Add  $\frac{1}{2}$  cup pure liquid soap (ex. pure castile soap) to 1 gallon of hot water. This solution is safe for all surfaces and is very effective for most jobs.
- For a clean scent and to help cut grease, add  $\frac{1}{4}$  cup of lemon juice to the above recipe.
- For a stronger cleaner, double the amounts of soap and lemon juice in the above recipe.

## 9 FLOOR CLEANER WITH FRAGRANT HERBS

- Combine in a pail or bucket:  $\frac{1}{8}$  cup liquid soap or detergent,  $\frac{1}{4}$  -  $\frac{1}{2}$  cup white distilled vinegar or lemon juice,  $\frac{1}{2}$  cup fragrant herbal tea (peppermint is great as it adds antibacterial qualities). Swirl the water around until it is sudsy. Scrub floor with a mop or rag. Then Rinse.

## 10 SCOURING POWER

- Combine pure soap with table salt or baking soda on the surface to be cleaned. Scrub with a firm bristle brush.
- Baking soda alone on a damp sponge is also effective on most surfaces.
- Personalize scouring power by adding an aromatic herb or flower. Put ingredients in blender and run until the fragrance has infused the powder.

# 11

## DISINFECTANT

- Borax has long been recognized for its disinfectant and deodorizing properties. Mix  $\frac{1}{2}$  cup Borax into 1 gallon hot water or undiluted vinegar and clean with this solution. Be sure to rinse thoroughly. See Borax notes above.
- For a fragrant smell, add a few sprigs of fresh thyme, rosemary or lavender to the above recipe. Steep for 10 minutes, strain and cool. Store in a plastic spray bottle.

# 12

## FURNITURE POLISH

- Dissolve 1 tsp lemon oil in 1 cup vegetable oil. Apply with a clean dry rag.

# 13

## LAUNDRY DETERGENT

- Add  $\frac{1}{2}$  cup washing soda and  $\frac{1}{2}$  cup of Borax to water as washer is filling. Add clothes (this is sufficient for a large load and will clean and deodorize your clothes).
- The first time you try the above recipe, your water will look like you have added soap or detergent (that is how much soap is left in our clothes after washing and rinsing).

# 14

## SOFTENING FABRICS (INCLUDING WOOL)

- Add  $\frac{1}{4}$  cup white vinegar to rinse cycle or to a dispenser ball (this does not make your clothes smell like vinegar).
- To make blankets soft and fluffy: Add 2 cups of white vinegar to a washer tub full of water. Rinse cotton and wool blankets in washer tub after washing. This leaves blankets free of soap and their nap is soft and fluffy.

# 15

## STAIN REMOVERS

- An equal mixture of salt and white vinegar will clean coffee and tea stains from china cups.
- Fruit and Wine stains: Immediately pour salt or cold soda water on stain and soak in milk before washing.
- Grease stains: Strain boiling water through white cottons and follow with dry baking soda or rub with washing soda in water.
- Ink stains: Soak in milk or remove with hydrogen peroxide.
- Blood stains: Immediately pour salt or cold soda water on stain and soak in cold water before washing.
- Coffee and Chocolate stains: Mix egg yolk with lukewarm water and rub on stain.
- Chewing gum: rub with ice, gum will flake off