

GIVING THANKS IN A GREEN WAY!



Consider a Free Range or Organic Turkey for your Thanksgiving Feast.

SAY "NO":

TO EATING ENERGY THIS THANKSGIVING

With holiday preparations in mind, take a moment to consider the amount of energy used in the production of all those delectable dishes and tasty treats. No, we're not referring to the amount of physical energy you will be expending putting together a meal for the masses but to the amount of electricity consumed when producing the holiday consumables! Here are a few green living tips for saving energy while preparing your Thanksgiving dinner...or any dinner!



Thanksgiving represents a time of reflection, one in which we give thanks for the people and things in each of our lives. We come together and celebrate this time of thankfulness by sharing a meal and connecting with family and friends. As you prepare for the holiday, consider using Nature as your interior designer this Thanksgiving and decorate your home with items that can be recycled after your holiday festivities have passed.

Start off your decorating by having a family Scavenger hunt. Assign each member of the family a mission to locate specific items for use in sprucing up your homestead for the holiday. For example, have the younger children in your family find smooth, flat rocks that can be painted in seasonal colors. These beautiful rocks can be used as "place cards" for your guests by using a permanent marker and writing the guest's name on the rock.

Leaves are also a plentiful resource this time of year and can be used to create colorful placemats for your Thanksgiving table top. Using a piece of cardboard (about 10"-12"), overlap leaves on top and cover with clear contact paper. While collecting leaves, pick up some pinecones to create some additional memorable holiday decor. Pinecones and leaves can be combined to create a miniature decorative wreath that can be draped on the back of each guest's chair. To finish off your holiday table, create an edible cornucopia centerpiece filled with fresh fruit and nuts. Be sure to let the guests know that they can eat it! Happy Thanksgiving!

Roll-up those sleeves and scrub: Did you know that a blackened cook top on your kitchen stove absorbs heat and causes you to consume more energy? Did you know that a shiny stove top efficiently reflects energy into the cooking pan? Clean your cooktop and check it off your "To Do" list early on!

Check under Your Hood: Range hoods can help you quickly whisk away the extra heat in your kitchen, but not if it's clogged with dirt and dust! So to avoid breaking out your sauna wear, clean out your hood to keep the room at a comfortable temperature for you and your guests.

Go to the Source: Did you know that a grimy oven steals energy and can cause foods to cook unevenly? Clean your oven before you start baking or cooking this holiday season so that your treats turn out tasty...not toasty!

Double-Up and Save: Cook two things at once whenever you can. Staggering the pans and rotating oven racks will help with heat circulation.

Plan Ahead and Chill Out: Make a plan to defrost foods in your refrigerator ahead of time. By defrosting foods in advance, you avoid using the microwave and are able to reduce the cooking times of the defrosted foods.

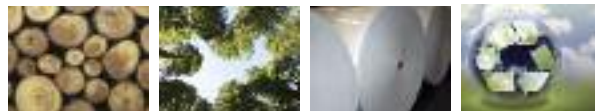
Convection Defection: Have you been contemplating a defection to a Convection oven? Now may be the time to consider convection cooking as a means to a happy, energy savings end. Convection ovens are quicker and use less energy than traditional stoves.

THANKSGIVING TREE

Need a family activity which helps bring home the concept of "Thankfulness?" Make a Thanksgiving tree! Choose a location for your tree, either inside or outside, depending on the decorations that you want to use. Make gingerbread turkeys (*gingerbread cookies shaped as turkeys*) to hang



on your tree. Raisins can be used for the eyes and a straw can be used to punch a hole at the top of the gingerbread turkey so it can hang on your tree. Popcorn garlands are always a hit when decorating a tree and are easy to make. If you plan on using a tree outside, take note that the above "decorations" also act as a food source for wildlife. As you decorate your Thanksgiving tree, ask everyone in your family what they are thankful for this year. If your tree resides indoors, write down each person's words of thanks and attach them to the tree. Regardless of where you locate your Thanksgiving tree, upon viewing it, everyone will remember what they are thankful for and reason for the season will not be soon forgotten!



GOING GREEN SUGGESTION BOX



Got an idea? Let us know!

Located on the wall between the time clock and the vending area entrance is a suggestion box. Please feel free to give us any suggestions, concerns or comments you may have with the green changes going on in the plant. You may also email these to gogreen@lehighphoenix.com.

**If you think this monthly newsletter is informative and/or helpful, please tell your supervisor so that we can continue to bring you our Green Team Monthly Newsletter.*