

In September

TASK OF THE MONTH

Reduce the impact of doing laundry

Wash in cold water, never in warm, and rarely in hot:

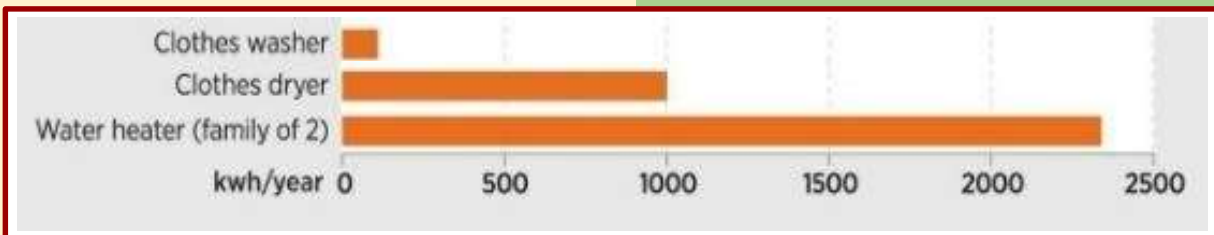
- Warm water doesn't clean clothes any better than cold;
- Presoak heavily-soiled clothes;
- Only use in hot water for greasy things or to disinfect a load;
- Remember that if water feels too hot straight from the tap, *turn it down* to the recommended **120° F**.

Air dry year 'round!

- Clothes dryers are second only to water heaters in energy used in laundry;
- Hang items indoors in the winter to improve comfort since heating dries your air;
- Touch up in a dryer when almost dry if needed;
- Electric dryers take ±5 pounds of coal per load in Indiana:



<https://www.eia.gov/tools/faqs/faq.php?id=667&t=2>



Reduce the impact of cleaning agents:

- Use boxed powder or look for pre-measured compressed tablets;
- Use oxygen bleach alternatives.
- Avoid PVA-wrapped laundry pods and thin laundry sheets because their top ingredient is PVA (polyvinyl alcohol) which has been detected in drinking water and breast milk;
- Also avoid fabric softener and dryer sheets, which emit toxic VOCs.



**Green Sanctuary Task Force
on Global Climate Change**

