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# Tips for a Pet and Kid Friendly HVAC System

Your HVAC system is about more than just indoor comfort. It needs to serve the most vulnerable members of your family in a special way and this may require modifications and upgrades to provide the best for them. Here are four ways to make your HVAC system more kid and pet friendly so your home is healthier and more comfortable for these loved ones.

## Ventilation

The right amount of ventilation cannot be overstated. Poor indoor air quality leads to all kinds of respiratory issues, developmental delays in children, and even affects mood. You need to remove stale, moist air and replace it with fresh outdoor air. Neglecting either one of these will cause problems for kids and animals, some obvious like allergies and others not so clear upfront like crankiness in kids and poor performance in school. Long-term issues resulting from overexposure to volatile organic compounds (VOCs) won't show

up until it's too late to do anything.

## Air filtration

For even better indoor air quality, an air filtration system will protect kids, pets, and those with allergies from contaminants. In general, pet dander is the main reason for upgrading your filter or installing a separate air filtration system. This is particularly important if you have both kids and pets since kids can develop allergies over time. Your children should enjoy time with pets rather than have to suffer through

allergies or deal with the tough situation of having to give them up entirely.

## Nix hot and cold zones

If your kids have to endure temperatures that are too high or low for an extended period of time, this can cause other health issues. If your home has leaky windows, poor air distribution, or an undersized or poorly performing HVAC system, you

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## Tips for a Pet and Kid Friendly HVAC System *(Cont.)*

need to address it to protect everyone, but especially little ones, from this issue.

### The right humidity

Too much humidity causes one set of problems (bacteria, mold, dust mites, and other pathogens), and too little causes another (dried mucus membranes leading to increased risk of colds in kids and increased static). Having the right humidity year-round is

something you can address with humidification in winter and air conditioning or a dehumidifier in the summer. Have a chat with a professional about your options for getting humidity right in your home.

If you need help getting the right HVAC system for your pets and kids, give us a call and we can help you show HVAC love to these precious members of your family.

## Joke Section

**Why is the HVAC contractor so worked up?**

He'll be fine, he just needs to vent!

**How do you prevent a summer cold?**

Catch it in winter.

## Food Storage Tips

With the cost of food rising and concerns about supply chain issues, food storage becomes a bigger issue. There's nothing worse than spending money on food that ends up in the garbage. Here are some tips to prevent food from being wasted, whether it's yesterday's leftovers or food for emergencies.

### Leftovers

In the short term, having food for another meal saves you the trouble of cooking every meal every day. Refrigerate leftovers that have been at room temperature for two hours or less and consume them within two days. Use clean containers and don't overstack the fridge to allow for cool air to circulate to maintain the right temperature.

### Perishable items

Fruits, vegetables, dairy, meat, and eggs all require special attention and quick consumption. Unripe fruits and vegetables may be stored at room temperature until ripe but must then be refrigerated.

Freezing them extends their life but will often change the texture. Milk can stay out of the refrigerator only if it's shelf-stable like powdered milk or specialty pasteurized ultra-high temperature (UHT) milk. Once opened, it must be refrigerated. Eggs in North America require refrigeration, unlike in the UK where they can be stored at room temperature.

### Dry goods

If you're storing food for emergencies, dried goods are your go-to for the extended time that it lasts. As long as it remains tightly packaged, some items will last past the best-by date. Keep these items in a cool, dry environment because warmth and moisture will cause mold and accelerated decay. You need to develop a system to access older items first and replace them with

*(Cont. p3)*



## Food Storage Tips (Cont.)

newer items in the back, or on another shelf for example. Keep them off the floor, particularly in areas at risk of flooding, like your basement.

### Keeping pests away

For open storage, you may have to contend with pests gobbling up that precious food. Invest in closed totes, making notes about what's inside so it doesn't have a chance to spoil. Open them up regularly to let the air circulate. This might seem like extra management but you need to balance spoilage prevention with protection from pests. If you can,

store your food in a room that's tightly constructed and has mechanical ventilation and dehumidification to remove excess moisture.

Overall, when it comes to managing and storing food, planning meals in advance can help reduce the length of time you're stuck with leftovers and unused food in your cupboards. For emergency storage, choose the items carefully. Assess the space you have and the conditions you'll be dealing with in that space to minimize the risk of wastage.

## Coupon Corner

# 15% OFF

**MERV11 Media Filter Upgrade**

SINGLE USE ONLY. CANNOT BE PAIRED WITH ANY OTHER OFFER. CALL FOR MORE DETAILS.  
EXPIRES JULY-31-2022

# \$30 OFF

**Heating or A/C Repair**

SINGLE USE ONLY. CANNOT BE PAIRED WITH ANY OTHER OFFER. CALL FOR MORE DETAILS.  
EXPIRES JULY-31-2022

## I Spy: Summer Edition

How many of each summer item can you find? Watch out for the sneaky lemonade cup!





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# Spicy Corn Carbonara 6 servings

<https://www.purewow.com/recipes/spicy-corn-carbonara-recipe>

## Ingredients

- 4 ears corn
- 8 strips bacon, diced
- 1 red onion, minced
- 1 clove garlic, minced
- Kosher salt
- ½ teaspoon crushed red pepper flakes
- 16 ounces bucatini (or spaghetti or linguine)
- 2 large egg yolks
- ⅓ cup heavy cream
- ½ cup grated Parmesan cheese
- Freshly ground black pepper
- Chives, for serving

## Instructions

1. Cut the corn off the cob with a sharp knife. Transfer kernels to a bowl and firmly scrape the knife against the cob to release any liquid. Discard the cobs.
2. Heat a large skillet over medium heat. Add the bacon and cook until the fat has rendered and it's very crisp, 5 to 6 minutes. Remove the bacon from the pan with a slotted spoon and drain on paper towels.
3. Add the red onion and cook, stirring occasionally, until it's tender, about 4 minutes. Add the corn and garlic and cook until the garlic is fragrant, about 3 minutes. Season with the salt and red pepper flakes and reserve over low heat.
4. Bring a large pot of salted water to a boil over medium-high heat. Add the pasta and cook until al dente, 8 to 10 minutes. Scoop out and reserve 1 cup of the pasta water, then drain the pasta.
5. Stir the pasta water into the corn mixture. Raise heat to medium and bring the liquid to a gentle simmer. Add the pasta to the skillet and toss to combine.
6. In a small bowl, whisk together the egg yolks and cream. Add to the skillet and toss well to coat. Add the Parmesan, plenty of black pepper and reserved bacon and toss to combine. Garnish with the chives.

