

Comfortable Living

Summer 2022



SERVICE
DETECTIVES

618.993.4357

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Breakers 101

In ye old days of in-house electricity, homes used fuses in panels to protect circuits. Some older homes still have fuse panels. When a fuse blows, it needs to be replaced after one use. Fortunately, along came breakers which do the same job but can be reused multiple times. Breakers protect your home from electrical dangers like fires and electric shock.

Here's what you need to know about this critical component of your home's electrical system.

Types of breakers

There are three types of circuit breakers you'll find in your home: standard, GFCI (ground fault circuit interrupter), and AFCI (arc fault circuit interrupter). The standard breaker monitors the amperage of the devices connected to it and trips if this increases above a certain value. They can be single pole or double pole which covers single or double wires. Your dryer and air conditioner typically will need a double pole breaker since it handles a higher load.

GFCI breakers trip when a ground fault occurs (when electricity takes a shortcut into the earth). This can happen due to water or contact with the frame of equipment that's connected to the ground. It can cause electric shock and you'll often find GFCI outlets in areas like bathrooms and your kitchen. A GFCI breaker protects a series of outlets and other loads so there is no need to add a GFCI outlet to a circuit protected by one of these breakers. *(Cont. p2)*

Breakers 101 *(Cont.)*

AFCI breakers protect circuits from arc faults, which is a fire hazard. In an arc fault, electricity travels along a path that it shouldn't, increasing the temperature enough to potentially ignite surrounding materials like wood construction or insulation. These breakers use electronic technology to monitor and look for arcing in the circuit, which isn't picked up by

Problems with breakers

Because breakers are designed to open the circuit when things go wrong, problems with your breakers are more than mere inconveniences. They can put your family at risk of shock and electrical fires. The most common issues are wiring problems, undersized breakers, or overloaded circuits. To protect your family from the associated risk of a poorly functioning breaker, call in a professional as soon as possible. If you suspect that you

overloading a circuit, remove some items in the interim but still call in an electrician to make sure the problem isn't more serious. If you need help with your electrical system, including your breakers, or if you still have a fuse panel and need an upgrade, give us a call.

Joke Section

My electrician friend
accidentally blew the power
to the ice-making factory.

Now they've gone into

What is brown, hairy, and
wears sunglasses?

A coconut on vacation.

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

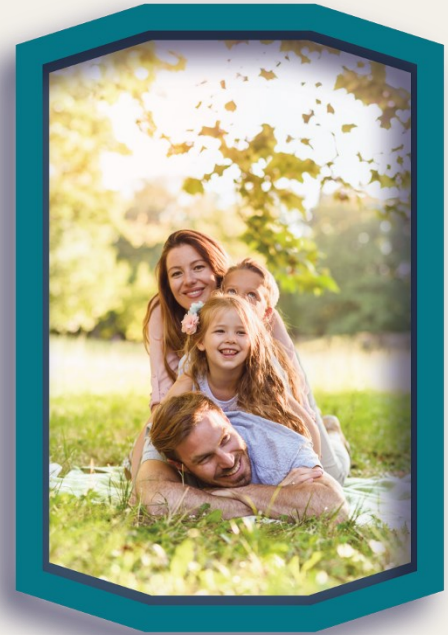
In the short term, having food for another meal saves you the trouble of cooking every meal every day. Refrigerate leftovers that have been at room temperature for two hours or less and consume them within two days. Use clean containers and don't overstock the fridge to allow for cool air to circulate 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 specially pasteurized ultra-high temperature (UHT) milk. Once opened, it must be refrigerated. Eggs in North America require refrigeration,

(Cont. p3)



Food Storage Tips(Cont.)

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 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

25% OFF

Electrical Inspection

SINGLE USE ONLY. CANNOT BE PAIRED WITH ANY OTHER OFFER. CALL FOR MORE DETAILS. EXPIRES 8-31-22

10% OFF

Smart Home Upgrade Installation

SINGLE USE ONLY. CANNOT BE PAIRED WITH ANY OTHER OFFER. CALL FOR MORE DETAILS. EXPIRES 8-31-22

Summer Word Search

F	J	B	S	Q	C	U	M	W	R	P	A	R	K	V
H	T	U	U	L	E	M	O	N	A	D	E	S	Y	F
M	Q	O	P	O	P	S	I	C	L	E	Q	W	I	C
Y	U	N	W	H	U	V	H	Y	N	B	C	I	C	N
T	V	V	N	A	G	F	C	Q	O	E	C	M	E	S
B	Z	T	C	X	T	I	R	R	N	A	A	W	C	U
J	V	P	R	I	S	E	O	U	G	C	M	A	R	M
F	A	I	I	A	Q	B	R	B	I	H	P	T	E	M
L	C	U	X	C	V	E	C	P	E	T	I	E	A	E
O	A	U	C	D	N	E	N	Q	A	O	N	R	M	R
W	T	M	M	C	X	I	L	T	B	R	G	M	V	M
E	I	G	K	J	I	G	C	F	N	B	K	E	P	A
R	O	F	O	U	R	T	H	O	F	J	U	L	Y	I
S	N	V	M	N	P	U	N	U	G	I	U	O	R	A
A	L	N	G	C	I	G	L	T	U	B	I	N	H	D

- Fourth of July
- Ice Cream
- Picnic
- Swim
- Watermelon
- Popsicle
- Park
- Flowers
- Waterpark
- Camping
- Travel
- Summer
- Lemonade
- Vacation
- Fruit
- Beach



Answer Key:



203 E Ford St
Energy IL 62933

Zucchini Pad Thai 2 servings

FOR THE SAUCE:

- 3 Tbsp fish sauce
- 3 Tbsp brown sugar
- 3 Tbsp vegetable broth
- 2 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp chili garlic sauce

INGREDIENTS:

- 4 oz pad thai noodles
- 1 large zucchini
- 1 yellow squash
- 1 red pepper
- ½ yellow onion
- 2 carrots
- 2 Tbsp vegetable oil
- ½ cup peanuts chopped
- 1 cup assorted herbs
cilantro, green onions,
and basil, torn

INSTRUCTIONS:

1. Place the uncooked noodles in a bowl of cold water to soak.
2. Spiralize the zucchini, yellow squash, red pepper, onion and carrots into noodle-like shapes.
3. Combine the sauce ingredients in a small bowl and whisk to combine.
4. Heat a tablespoon of oil over medium high heat. Add the veggies - stir fry with tongs for 60 seconds. Transfer to a dish and set aside.
5. Add another tablespoon of oil to the pan. Drain the noodles - they should be softened by now.
6. Add the noodles to the hot pan and stir fry for a minute, using tongs to toss. Add the sauce and stir fry for another minute or two, until the sauce is starting to thicken and stick to the noodles. Toss everything around with the tongs.
7. Add in the vegetables, toss together, and remove from heat. Stir in the peanuts and herbs and serve immediately.

<https://whatsgabycooking.com/zucchini-pad-thai/>

