



November is Carbon Monoxide Awareness Month

Carbon monoxide (CO) is an odorless, colorless and tasteless gas created by the incomplete or improper burning of fuel and can occur any time of year. Since November is CO Awareness Month, it's the perfect time to share some good reminders and prevention tips.

6 Carbon Monoxide Safety Tips

- 1. Install and maintain a carbon monoxide detector**, available at most retail and hardware stores.
- 2. Pay attention to the color of the flame on your natural gas appliances** – a yellow flame instead of a blue flame is a potential warning sign that the appliance is not operating or venting properly.
- 3. Safety first!** Never use a natural gas range or outdoor space heater to heat your home.
- 4. Check for proper ventilation** of your appliances and chimney flues.
- 5. Maintenance is key!** Clean or replace your furnace filters regularly and have a qualified contractor inspect your heating equipment and natural gas appliances annually.
- 6. It's important to remember CO doesn't just come from gas appliances.** It can also come from vehicle exhaust or using generators or space heaters in enclosed areas.

CARBON MONOXIDE

Safety

INVISIBLE



ODORLESS

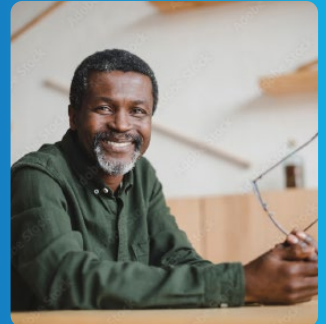


TASTELESS



Stay vigilant – watch for these symptoms to identify a possible carbon monoxide exposure:

- » Flu-Like symptoms
- » Headache
- » Dizziness
- » Ringing in the ears
- » Fatigue
- » Vomiting



In some circumstances, carbon monoxide exposure can be deadly. If you experience the symptoms mentioned above or suspect the presence of carbon monoxide, immediately get outside, then call 911 to request medical assistance. For more information, visit [OklahomaNaturalGas.com/CarbonMonoxide](https://www.oklahomanaturalgas.com/CarbonMonoxide).



8 Tips to Stay Warm and Save Money This Winter

1. Keep warm, not hot

When possible, wear additional layers of clothing, consider turning down your thermostat and check your programmable settings.

2. Seal leaks around doors and windows

Apply weatherstripping or caulk to seal gaps and cracks around windows and doors to stop air leaks and prevent energy loss. If that is not an option, you can also cover windows with towels, sheets or plastic to help keep the warm air in your house. Seal air leaks in your unfinished basement, particularly along rim joists and sill plates. Add an airtight door to your fireplace to keep heated air from escaping through the chimney.

3. Reduce the temperature on your water heater

Set the temperature on your water heater to 120 degrees F ° or put it on the “warm” setting. If your home will be vacant for two days or more, set the dial to the pilot position for even more savings.

4. Close blinds and curtains

This helps keep warm air inside, especially if the sun is not shining. When the sun is shining, open drapes on the south-facing windows to take advantage of free heat from the sun during the day.



5. Change or clean filters

A clean filter in your furnace can lower your energy consumption by 5% to 15%. Dirty filters cost more to use and overwork the equipment.

6. Opt for the cold setting

Doing laundry and washing dishes can both use natural gas to heat the water and your dryer. Opt for the cold setting when doing laundry to save on your water heating costs.

7. Install foam gaskets on switches and outlets

Electrical switches and outlets can account for up to 10% of your home's energy loss.

8. Change the rotation of ceiling fans

Hot air rises, so reverse your ceiling fans to a clockwise rotation to push that warmth downward.





Recipe of the Month

Cooler Weather Calls for Pozole!

Recipe courtesy of Shannon Smith

Serves 8

Ingredients

- 2 cups dried hominy
- 2 teaspoons salt
- 3 cups green chile sauce (1 whole recipe of the green chile sauce)

Garnish

- 1 avocado, peeled and diced
- 1 radish, thinly sliced
- 2 tablespoons queso fresco
- 1 tablespoon chopped cilantro



Instructions

1. Soak the hominy overnight in a bowl of water.
2. Drain and add to a pot of water, covering by 3 inches.
3. Add salt and bring to a simmer.
4. Cook for about 2 hours, or until hominy is tender. Check occasionally to make sure all the water doesn't evaporate to avoid scorching the pan. Add more water if necessary.
5. Watch carefully so the water doesn't evaporate and scorch the bottom of the pan.
6. Make green chile sauce according to the recipe on the right and add to pot.
7. Add water or broth as needed to make it more of a soup consistency.
8. Add salt and pepper to taste.
9. Serve hot in bowls and garnish with avocado, radish slices, queso fresco and chopped cilantro.



Ingredients

Green Chile Sauce (Salsa Verde)

- 6 green chiles
- 2 tablespoons vegetable oil
- 1 cup onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon flour or cornstarch
- 2 teaspoons ground coriander seeds
- 2 teaspoons ground cumin
- 1 1/2 cups chicken or vegetable stock
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper

Instructions

1. To roast green chiles, light a gas grill. You can also use a gas range. It's important to have a flame.
2. Place the whole chiles on the natural gas grill or directly onto flame on your natural gas range and let blacken and blister.
3. Turn chiles until all sides are charred (but not completely blackened).
4. Place warm chiles in a bowl and cover with plastic wrap to allow them to steam and cool.
5. Once cool enough to handle, remove the stems, seeds and skin. It's alright if a little char is left.
6. Chop the chiles and set aside.
7. In a saucepan, heat vegetable oil over medium high heat.
8. Add chopped onion and cook until soft.
9. Add garlic and cook for 30 seconds, then add flour (or cornstarch).
10. Stir until all flour is coated in the onion mixture.
11. Add chopped chiles, coriander seed, cumin seed, broth, salt and pepper.
12. Bring mixture to a simmer and stir until slightly thickened.
13. Taste to see if more salt is needed. If it is too spicy, you can add a tablespoon of honey.

#CookingWithGas