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GABRIEL

Environmental Services

JANUARY 2019

Hints for staying warm this winter

Recipe Corner



3 Bean, 2 Meat Chili

Ingredients:

- 5 lbs ground beef
- 1.5 lbs short ribs, chopped
- 2 large onions, diced
- 1 quart tomato juice
- 1 10.5 oz can diced tomatoes
- 1 6 oz can tomato paste
- 5 Tbsp cumin
- 5 Tbsp chili powder
- 3 Tbsp smoked paprika
- 2 tsp salt
- 2 tsp sugar
- 1 tsp chipotle powder
- 1/2 tsp oregano
- 10 squirts Hickory Smoke
- 1 jalapeno, diced

As Chicago marches on through another extreme winter, below are some tips from the Centers for Disease Control (CDC) on keeping yourself and your homes warm this winter.



Dress Warmly and Stay Dry:

- Adults and children should wear:
 - a hat
 - a scarf or knit mask to cover face and mouth
 - sleeves that are snug at the wrist
 - mittens (they are warmer than gloves)
 - water resistant coat and boots
 - several layers of loose-fitting clothing
- Be sure the outer layer of your clothing is tightly woven, preferably wind-resistant, to reduce body-heat loss caused by wind.
- Wool, silk, or polypropylene inner layers will hold more body heat than cotton.
- Do not ignore shivering. Persistent shivering is a signal to return indoors.
- Know the signs of hypothermia:
 - shivering
 - exhaustion
 - confusion
 - fumbling hands
 - memory loss
 - slurred speech
 - drowsiness
 - bright red, cold skin (infants)
 - very low energy (infants)
- If you notice any of these signs, take the person's temperature. If it is below 95*, get medical attention immediately. If medical care is not

- small
- 1 can diced green chilis
- 1 12 oz can Great Northern beans (drained)
- 1 12 oz can Red Chili beans (drained)
- 1 12 oz can Black beans (drained)

Directions:

1. In a large pot, brown meats and onion. Drain fat.
2. Add remaining ingredients, except beans and reserve half of the can of diced tomatoes.
3. Cook on low heat for 2 hours, adjusting seasoning as needed.
4. Approx. 20 minutes before serving, add all of the beans.
5. Approximately 10 minutes before serving, add remaining tomatoes.
5. Serve with cheese and any other desired chili toppings.

*1st Place - Chili contest
John Polich*

available, begin warming the person. Remove any wet clothing and warm the center of the body first with an electric blanket, if available, or body heat, dry layers of blankets, clothing, towels or sheets.

- Know the signs of frostbite:
 - white or grayish-yellow skin area
 - skin that feels unusually firm or waxy
 - numbness
- If you notice any of these signs, seek medical care. If medical care is not available, submerge the affected area in warm - not hot - water, or warm the affected area using body heat (eg: warm frost-bitten fingers in your armpit). Avoid walking on frostbitten feet or toes, and do not use a heating pad or other heat source for warming. Affected areas are numb and can be easily burned.

Heat Your Home Safely:

- Do not place a space heater within 3 feet of anything that may catch on fire, such as curtains, furniture, or bedding.
- Never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never use generators, grills, camp stoves or similar devices indoors.
- When very cold temperatures are expected, avoid frozen pipes by:
 - Leaving all water taps slightly open so they drip continuously
 - Keeping the indoor temperature warm
 - Open cabinet doors around the sinks
- If your pipes do freeze, do not thaw them with a torch. Instead, thaw them slowly with an electric hair dryer.

Winter Survival Kit for Your Car

Equip your car with these items:

- blankets
- first aid kit
- a can and waterproof matches (to melt snow for water)
- windshield scraper
- booster cables
- road maps
- mobile phone
- compass
- tool kit
- paper towels
- bag of sand or cat litter (to pour on ice or snow for added traction)
- tow rope
- tire chains (in areas with heavy snow)
- collapsible shovel
- container of water and high-calorie canned or dried foods and a can opener
- flashlight and extra batteries
- canned compressed air with sealant (for emergency tire repair)
- brightly colored cloth

More tips and resources are available on the [CDC Winter Weather website](#).

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Gabriel Environmental Services, 1421 N. Elston Ave., Chicago, IL 60642

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