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<http://www.nbc29.com/story/13502679/green-matters-workshop-helps-households>

Green Matters Workshop Helps Households

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There are a series of free workshops in Charlottesville to help families create a healthier and more energy efficient home. The program is called Green Matters.

Chemicals in cleaning products even those found in furniture can pollute the air you breathe. Paige Mattson owns the Blue Ridge Eco Shop in Charlottesville and was part of a discussion panel for Green Matters to talk about Healthy Living Indoors.

"Every time you walk across your rug you see dust come up. Well, some of that's plastic particles, dirt particles, it's also pesticides that you track into your house," Mattson said.

When the thermometer dips and windows are sealed tight, those fumes are trapped in your home.

"Most people are used to it. There are very few people that have such high chemical sensitivities that can smell some of the toxins," Mattson said.

Jay Willer is with the Blue Ridge Home Builders Association in Charlottesville and organizes the program to help households become more environmentally friendly.

"This is a community that pays a lot of attention to energy efficiency, to ecological footprint, to good health," Willer said.

The monthly workshops also touch on ways to use alternative energy that can impact your utility bill.

"Things that people can do on their own. They think about making some cost effective gains and not every thing means you got to invest in a lot of money for a quick gain. That makes it very much worth your while," Willer said.

The next Green Matters workshop is December 14th at 5 p.m.

It's located at City Space in the Charlottesville Community Design Center.

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