



Welcome to the March issue of Indoor Climate Chronicles. Our goal is to provide you with relevant information on keeping your indoor climate comfortable, efficient and clean.

Ways to Save

UV lights an Air Cleaning System

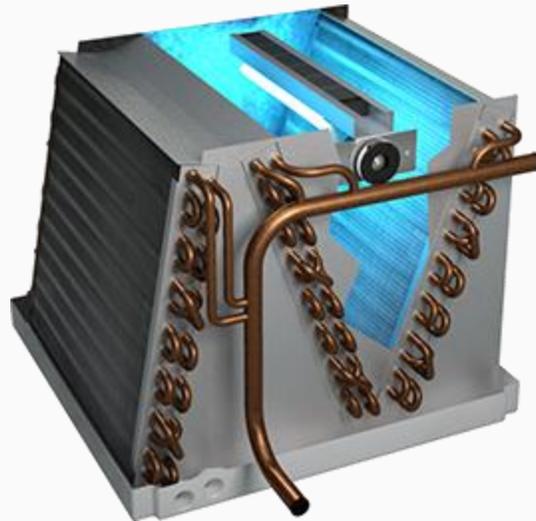
Did you know if you shine a UV light on a dirty evaporator coil 24 hours a day that in a month or two the UV light will clean it, and by the time the system is due for its next tune-up, the coil will be cleaner than it would have been if it had been cleaned it by hand. You are now asking why that matters or why do I care, glad you asked. The clean coil can now do a better job of taking the heat form the air. The unit will last longer and you will have less service related issues. The benefit to you is in saving money (efficiency) and in costly repairs.

You will also have the benefit of cleaner air and you will much less issues with mold, bacteria, and odors.

The cost to clean a evaporator coil can be anywhere from \$ 179 to \$400 depending on how accessible it is, so as you see there are many benefits to

adding a UV light and air cleaning system that out weights it cost.

Give us a call and we can help you with your cleaner and fresher air that is *Good for You to breath.*



Special Pricing on Breathe Easy System

Save \$200 our regular price is \$1,450 but now only \$1,250

The Breathe Easy System gives you a complete air cleaning and purification system that gives year round service and cleaning. The system consists of the UV light along with a Ionic Oxidation Air Purifier which is install into the duct. The system incorporates a High Efficiency Filter box and filter that lasts longer than traditional filters and captures more dust, dirt and pollen.



What is the SEER Rating ?

SEER is a measurement of an air conditioner's cooling capacity to power input, or simply, the ratio of cooling produced (in BTUs) divided by the amount of electricity used (in watts). The higher the SEER rating means the greater the unit's efficiency.

According to the U.S. Department of Energy, your heating and cooling system uses more energy than any other appliance in your home. So when it's time to upgrade or add to your HVAC system, you'll want to pay attention to the SEER level of the potential air conditioner or heat pump. Remember, the higher the SEER number, the more efficient the unit – saving you more money on energy costs in the long run.

We offer free estimates for replacing or upgrading your system and can give you information on the different SEER options and what will give you the best return for your money.



2 Simple Ways to Make Your Appliances Last Longer

1. Clean the coils to keep the fridge efficient and cool just like you need to for your main heating and air system.
 2. Don't overload your washer and dryer, and make sure you clean the lint filter each load and clean the vent to the outside at least once a month.
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Whole 30 Sweet Potato Chicken Poppers



INGREDIENTS

1 lb ground chicken (uncooked)

2 cups uncooked sweet potato, finely grated (wide cheese grater or food processor)

2 tbsp coconut oil + 1 tsp for greasing the baking sheet

2 tbsp coconut flour

2-3 sprigs green onion, chopped fine

1 tbsp garlic powder

1 tbsp onion powder

1 tsp sea salt

Optional : 1 tsp paprika or chili powder

INSTRUCTIONS

Preheat the oven to 400 F and lightly grease a lined baking sheet with coconut oil

Squeeze raw sweet potato with a paper towel or cheese cloth to remove any excess liquid

Then, combine all of the ingredients in a large mixing bowl and thoroughly combine

Begin rolling the mixture into small, slightly flattened poppers about one inch in diameter (you'll have about 20-25 poppers) and place them on the cooking sheet

Place in the oven for 25-28 minutes, flipping half way through. Crisp further in a pan or place under the broiler if desired for 1-2 minutes to crisp further. Remove from the oven when thoroughly cooked through Allow to cool and serve with your favorite sauce!

These are made for dipping so pair them with guacamole, ketchup, mustard, etc!

**You can find out more about Whole 30
on their website at <https://whole30.com/>**



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We send special offers to customers that provide us their email addresses.

Our mailing address is:

American Freedom Heating & Air, LLC
118 Palmetto Rd

Tyrone, GA 30290
info@americanfreedom-hvac.com
[Add us to your address book](#)