Going Green and Saving Green
Welcome!

Introductions

Objective:
Learn about the steps you can take in your daily life that can help you live a greener lifestyle while saving yourself some green
Poor economy forces many households to **cut expenses**

*Lifestyle changes needed to sustain the planet*
## Let’s Get Ready

<table>
<thead>
<tr>
<th>Action Step</th>
<th>When</th>
<th>Done</th>
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### Action Item!
Take Action - Write down your own specific steps to living a greener lifestyle!
Places to go green

- In the kitchen
- In the bathroom
- In the laundry room
- In the mailbox
- All around your home
- In the office
- On the road
In the kitchen

• Eat less meat, more veggies
  – Average annual savings:
    $1,200
  – $1,200 a year x 10 years @ 6.5% annual return:
    $16,842
## Consume organic foods selectively

<table>
<thead>
<tr>
<th>Dirty Dozen Plus</th>
<th>Clean 15</th>
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<tbody>
<tr>
<td><strong>Buy these in organic form</strong></td>
<td><strong>Lowest in pesticides when grown conventionally</strong></td>
</tr>
<tr>
<td>1. Apples</td>
<td>1. Asparagus</td>
</tr>
<tr>
<td>2. Celery</td>
<td>2. Avocados</td>
</tr>
<tr>
<td>3. Cherry tomatoes</td>
<td>3. Cabbage</td>
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<tr>
<td>5. Grapes</td>
<td>5. Sweet Corn</td>
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<tr>
<td>7. Nectarines (imported)</td>
<td>7. Grapefruit</td>
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<tr>
<td>10. Spinach</td>
<td>10. Mushrooms</td>
</tr>
<tr>
<td>11. Strawberries</td>
<td>11. Onions</td>
</tr>
<tr>
<td>12. Sweet bell peppers</td>
<td>12. Papayas</td>
</tr>
<tr>
<td>15. Sweet potatoes</td>
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</table>

Source: Environmental Working Group
www.foodnews.org/foodnews/
In the kitchen

• Buy foods in bulk
• Buy foods from local producers and in season
  – www.localharvest.org
• If you use a dishwasher:
  – Don’t pre-rinse dishes before loading
  – Wash only full loads
• Cover pans while cooking on the stove
• Use a microwave to warm leftovers
• Skip the bottled water

  – Average household annual savings: $1,236
In the bathroom

- Turn off the tap while brushing your teeth or scrubbing your hands
- Take shorter showers
- Install low-flow showerheads and faucets

- Average savings: 25%-60% off your water bill
In the laundry room

- Wash only full loads
- Wash clothes in cold water
- Use a clothesline

- Average annual savings: $156-$390
In the mailbox

• Send e-cards
• Opt out of junk mail
  – www.directmail.com/directory/mail_preference
• Switch to paperless billing
  • Save $ on checks, envelopes and stamps
All around your home

• Recycle
• Make your own household cleaners
• Switch to fluorescent bulbs
• Use power strips and turn them off when not using electronics
All around your home

- Choose products with the ENERGY STAR logo
- Install low-cost window blinds or shades
- Seal up leaks around windows and doors
- Turn down your water heater
- Install and use a programmable thermostat

- Average annual savings: $180
In the office

• Bring your lunch in a reusable container
• Recycle
• Print on both sides of paper
• Make your own coffee and bring it to work in a travel mug

– Average annual savings: $624
On the road

- Bike, walk or take public transit
- When buying a car, opt for fuel efficiency
  - [www.epa.gov/greenvehicles](http://www.epa.gov/greenvehicles)
- Do errands in one trip
- Keep tires properly inflated
- Observe speed limits

- Average annual savings: $168 to $336
Get the kids involved

• Be a “green” role model
• Take them outdoors
• Engage them in meal planning
• Discuss the origins of things - and where things end up if thrown away
• Welcome their own ideas for going green
## Personal action plan

<table>
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<tr>
<th>Action step</th>
<th>When</th>
<th>Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a checklist of things you can do to live a greener life</td>
<td>Next 7 days</td>
<td>☐</td>
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<tr>
<td>Start putting your list into action</td>
<td>Next 14 days</td>
<td>☐</td>
</tr>
<tr>
<td>Revisit your life choices to find more ways to go green</td>
<td>At least once a year</td>
<td>☐</td>
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Questions?
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