

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

Action Step	When	Done
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

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

Dirty Dozen Plus

Buy these in organic form

1. Apples
2. Celery
3. Cherry tomatoes
4. Cucumbers
5. Grapes
6. Hot peppers
7. Nectarines (imported)
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet bell peppers
13. Kale / collard greens
14. Summer squash

Clean 15

Lowest in pesticides when grown conventionally

1. Asparagus
2. Avocados
3. Cabbage
4. Cantaloupe
5. Sweet Corn
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangos
10. Mushrooms
11. Onions
12. Papayas
13. Pineapples
14. Sweet peas (frozen)
15. Sweet potatoes

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
 - www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html
- 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
- 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

Action step	When	Done
Make a checklist of things you can do to live a greener life	Next 7 days	<input type="checkbox"/>
Start putting your list into action	Next 14 days	<input type="checkbox"/>
Revisit your life choices to find more ways to go green	At least once a year	<input type="checkbox"/>

Questions?



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