



## Going Green Can Save You Some Green

Going green doesn't necessarily have to be expensive. In fact, it can save you some money. Here are a few tips to get you started:

### Shopping

- Buying canvas or reusable shopping bags is another great way to save the environment and you receive credit from grocery stores for doing it.
- "Use the used". Visit second hand stores for items like books, videos, music or clothes. Consignment shops can be a great place to pick up designer clothes for less.
- Better yet, become a regular at your local library. You borrow many of these items.
- Replace items less often. Check to see if an item can be repaired for a reasonable price before you replace it with a new item.
- Use your power as a consumer to tell manufacturers what you prefer by making the decision to purchase greener items.

### Transportation

- Change your commute by carpooling, using public transportation or telecommuting when you can. Take the opportunity to walk or ride your bike when possible.
- If you do drive by yourself a lot, make sure you keep your car as light as possible. Remove any unnecessary items from the car.
- Make sure you keep your car up to date on maintenance and conduct routine checks in between appointments. This will prolong the car's life and increase efficiency, which reduces emissions.
- Using the air conditioning sparingly and reducing idling will also cut down on expenses.

### Home

- Purchase reusable containers rather than plastic bags. Using travel mugs, water bottles and plastic containers for food cuts down waste and the amount of money you need to purchase disposable containers.
- Conduct a home audit to determine when you can save on water, electricity and gas. Watch out for the "vampire" appliances or electronics. You may have turned it off or put it on standby mode but it is still using electricity. Consider plugging them into power strip that you can easily turn off.
- Use a programmable thermostat.
- Get in touch with your inner chef. Making food at home is less expensive and you get to control what goes into it. You can visit your local farmer market to get good deals on fresh produce. Also, consider adding vegetarian



dinners to the mix. They can save you money and are less harsh on the environment. If you have leftovers, use them to create new meals.

- Only run the dishwasher and washing machine when you have full loads.
- If you need to replace appliances, look for ones that have a higher energy efficiency rating.
- Check to see if there have been updates to your local recycling program. Many programs are increasing the types of items they will accept.
- Invest in reusable batteries. They may cost more up front but you will get that money back over time.
- Switch your light bulbs to energy efficient ones. These will also cost more up front but they last longer and use less energy.

### Office

- Evaluate whether a meeting needs to be face to face. Can you achieve the same outcome by using technology?
- Along the same lines, can you reduce paper waste in the office by using electronic versions of a document or presentation? When possible choose to double side your documents. When you can't use the back side of one sided paper for scrap paper.
- Put your copy machine on standby when it is not in use to reduce the amount of energy it uses.
- Adjust your computer to the energy efficiency standards.

### Travel

- Reconsider your travel plans. Look for opportunities to have a "staycation"- a local vacation. Are there places that are closer to home that you can drive to or take a train? Planes produce a lot of pollution so reducing the amount of planes trips helps the environment and your wallet.
- When possible use trains to get to your destination or public transportation to sightsee once you are there.
- Look for green certified hotels.
- Choose e-tickets over paper tickets.
- Before you leave home, adjust your thermostat, turn down your water heater and unplug electrical appliances.



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Sources: "Going Green Outside the Home" by Ashley Gartland, "Protecting the Planet" by Jeanine Matlow,