

# INFORMATION

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# MONTHLY BUDGET

Item	Cost(monthly)	Savings(monthly)
Groceries	\$400	\$48.40
Gas	\$40	\$12
Clothes	\$50	\$25
Dining Out	\$40	\$15.19
Car Insurance	\$50	
Savings(Travel,College)	\$40	
Books	\$40	\$6
Coffeeshop	\$15	\$8.85
Bathroom Products	\$60	\$45.60

# BUYING USED CLOTHING

- Secondhand clothing stores
- Buy in person, not online
- Much cheaper-> up to 70% off price when new
- Around 50% cheaper
- Shipping savings: \$5 per month
- Total Savings: \$25 saved per month
- Savings: \$300 saved per year
- Environmental impact: not producing another item of clothing, saving all that carbon and water
- Preventing the used clothing from ending up in a landfill
- No packaging used to ship the clothes in



Photo Credit: Vox Magazine

# MAKE MY OWN DRINKS

- Price of a hot chocolate with cashew milk at my local coffeeshop: \$5
- Price of 1 liter of flax milk: \$1.24
- Price of 8 oz Navitas Cocoa powder: \$6.95
- Price of a homemade hot chocolate: \$2.05
- Savings per month: \$8.85
- Savings per year: \$106.20
- Environmental impact: Using my own cups, not plastic disposable cups
- Flax milk uses less water to produce it than cashew milk

Photo Credit: Chow Hound



# BUY ELECTRONIC BOOKS

- Electronic books are 30% cheaper than paperback books
- Savings per month: \$6
- Savings per year: \$72
- Environmental impact: Ebooks don't use paper to produce them, so they are saving trees
- No physical production, so much less carbon emissions and water usage

Photo Credit: Amazon



# MAKE MY OWN SNACKS

- Cost of sweet potato chips: \$2.75 per bag( 4 per month)
- Cost of Kind Bars: \$15.99 per 12 bars(4 per month)
- Cost of Sabra hummus: \$4.48 per 17 oz(4 per month)
- Snack cost: \$92.92
- Cost of 1 lb organic sweet potatoes: \$1(8 per month)
- Cost of 17 oz chickpeas: \$1.65(4 per month)
- Cost of 2 lb organic apples: \$3.76(8 per month)
- New snack cost: \$44.52
- Savings: \$48.40 per month
- Savings: \$580.80 per year
- Environmental impact: No plastic packaging
- No artificial ingredients
- Less carbon and water used to produce the products



Photo Credit: Paleo Grub

# TAKE THE BUS TO SCHOOL

- Monthly miles driven to and from school: 300
- Miles per gallon of my car: 50
- Gas money spent: \$20/ 500
- Gas money spent on school: \$12
- Environmental impact: The school bus takes around 25 kids, so that is taking 25 cars off the road
- Only one car drives 300 miles per month, not 25(  $25 \times 300 = 7500$  miles that would be driven)
- Savings: \$12 per month
- Savings: \$144 per year



Photo Credit: Trinity Transportation

# MAKE MY OWN BATHROOM PRODUCTS

- Crest toothpaste: \$2.29(2 per month)
- Eva NYC shampoo and conditioner: \$24.99 (2 per month)
- Homemade shampoo: 50 lb baking soda: \$25.85 (1 per year)
- 7 lb coconut oil: \$17.57 (4 per year)
- Savings: \$45.60 per month
- Savings: \$642.72- 96.13= \$546.59 per year
- Environmental impact: Much less packaging
- No artificial ingredients, just natural ingredients



Photo Credit: Rodales Organic Life



# EATING AT HOME INSTEAD OF AT A RESTAURANT

- Cost of pizza at local restaurant: \$21.95
- Daiya cheese: \$5 per bag
- Pizza Dough: \$1.29
- Tomato Sauce: \$.47 per can
- Savings: \$15.19 per month
- Savings: \$182.28 per year
- Environmental Impact: Less packaging for the pizza
- No takeout boxes or bags



Photo Credit: Kitchen Treaty

**Total Yearly Savings: \$1203.00**

# BENEFITS

I will be using much less plastic and packaging, due to my making my own snacks, buying my clothes in person, and making my own bathroom products. I will also be using much less water and carbon emissions to produce my products by buying secondhand clothes, making my own bathroom products and food, and buying electronic books. I will use much less gasoline by taking the bus to and from school instead of taking my own car. These savings will help me to save money for college and travel, which are very important to me! I can put half into my college fund for next year, and the other half can go to preparing for a trip to the National Parks in the west. I adore Glacier National Park and would love to go back there to hike and backpack, and these savings will help me achieve that goal. More than that, I have found ways to reduce my carbon footprint and hopefully reduce the waste generated by consumerism. I have learned to invest my money in sustainable and environmentally friendly ways that will help both the earth and myself.