

DAY 15- ECONOMICS

greener - budget

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HOW TO: BUDGET FRIENDLY GREEN LIVING

BUY LESS. BUY QUALITY



The first principle of living consciously on a budget is merely to buy less. Ask yourself when you are making a purchase: Do I really need it? Do I have something similar at home? By prioritizing your purchases, it will result saving money! :) When it comes time to actually buy something don't get cheap! Instead, try to wait until you can spend a little more on something that is better quality. This way it will last longer and stay out of the landfills longer. Overall, you'll spend less and it will benefit you long term. How do you tell if something is good quality? A product's label or website should have information on how their products are made. Another way to check the quality is to read reviews. If you are buying something homemade, you can speak to the maker about the product.



BUY USED

Buying used can be advantageous when buying furniture or clothes. You not only pay 70% less for something but you can also see how an item will wear over time.

PLAN ACCORDINGLY & DON'T WASTE



In the US, 30-40% of food ends up in the landfill, uneaten. This equivalent to every \$10 dollars you spend, \$4 is thrown away. (can u put an image of a shocked face) To fix this issue, just plan better! Try to plan out what to buy before going to the supermarket so you only have to buy the essentials. Another suggestion is to meal prep. Start by choosing a few key ingredients then plan several meals that use those ingredients. If you have any leftovers after cooking, save them! Store the food in reusable containers in your fridge and then you can have them the next day.



MAKE IT YOURSELF

Once you get into the habit of making products yourself, you will be more accustomed to it. Just search up any recipes on Google and get started! Some benefits to this are that you can control your portions, and make multiple batches.

NOW, TIME TO PUT TOGETHER OUR BUDGET!



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OUR: HIGH SCHOOL STUDENT EXPENSES MONTHLY BUDGET



USE THESE NUMBERS BELOW TO SEE HOW WE ESTIMATED OUR AMOUNTS!

ITEMS	BUDGET AMOUNT	ACTUAL AMOUNT SPENT	ESTIMATED AMOUNT WITH \$ METHODS
LUNCH	\$75.00	\$68.00	\$40.00 ①
COFFEE	\$30.00	\$35.00	\$5.00 ②
SNACKS	\$15.00	\$14.00	\$10.00 ③
GAS	\$40.00	\$46.00	\$20.00 ④
BODY/ COSMETICS	\$20.00	\$12.00	\$10.00 ⑤
CLOTHING	\$20.00	\$14.00	\$15.00 ⑥
ENTERTAINMENT	\$30.00	\$29.00	\$15.00 ⑦
SUBSCRIPTIONS	\$20.00	\$20.00	\$15.00 ⑧
EXTRA SUPPLIES	\$10.00	\$0.00	\$5.00 ⑨

TOTAL SPENT: \$238.00
ANNUALLY SPENT: \$2,856.00

ANNUALLY SPENT WITH MONEY SAVING METHODS: \$1,620.00

OUR: BUDGET ANALYSIS

After analyzing our monthly budget, we realized that even just as teenagers, we have a habit of spending frivolously. Before investigating our monthly budget, we had no idea where all our money was spent. We are now aware of where we can cut down our spending in places such as gas. Instead, we can carpool whenever we get the chance. This way, gas money is saved and we decrease our carbon footprint! Some of our other solutions to save money is to make our own coffee instead of going out to buy it. We've also come to the conclusion that if we meal prep we will be able to pack our own lunch and snacks. By doing so, we can not only control what goes into our bodies but we can ultimately save money! For the other categories such as body care/cosmetics, clothing, entertainment, subscriptions, and extra supplies we would take into account if what we wanted to buy was really necessary. By planning out our spending beforehand, our monthly spending can dramatically cut down and we can save the environment by not having to drive around as much. We estimated that we can save \$1,236 by just implementing these simple money saving methods into our lives!

HOW WE ESTIMATED OUR SAVINGS USING THESE METHODS:

(websites where we received our information are linked onto the text, so click to see!)

- ① Packing lunch at home can reduce the daily amount per lunch to just \$3.
- ② Brewing a cup of coffee at home costs you between 16 and 18 cents per cup.
- ③ Save money on snacks by packing healthy and cheap fruits! Here's an example: 1 pound of grapes cost only \$2.88!
- ④ 1 gallon of gas costs around \$2.473. Carpooling with someone half the days you're driving, can save half the amount you're spending on gas!
- ⑤ Save money on cosmetics! Cut your amount by half by limiting what's essential.
- ⑥ Thrift stores can have 50-70% markdowns on all sorts of clothing items!
- ⑦ Cut your entertainment budget in half by taking part in more outdoor and free activities! You can find many community events online to partake in!
- ⑧ Cut down a bit on subscriptions cost by limiting to what you really believe would be the most important to you.
- ⑨ Reuse old materials, there are so many supplies every year that aren't used, or just ask friends that aren't using old supplies. Or look for savings and go to discount stores. You can cut down your cost by half.

WE IMPLICATING THESE MONEY-SAVING METHODS INTO OUR LIVES, WE CAN SAVE