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I have already removed two big parts of my use and money spending for single use items by using the menstrual cups and no longer purchasing the ICE sparkling waters, but I thought it would be interesting to see how much I have saved not purchasing those items.

Monthly:

- **Gas**
 - Half a tank for \$20
 - \$60
- **Tampons**
 - \$7-12
- **ICE waters**
 - 88 cents apiece
 - 7-10 a week
 - \$6-9
- **Food- eating out, snacks, groceries**
 - Chips, reeses, applesauce in plastic, boxes, napkins, ...
 - \$15 a week
 - \$60 a month
- **Razors**
 - **\$6.97 once a month, usually less**
- **Starbucks hot chocolate or strawberry refresher and breakfast sandwich**
 - cup, lid, straw if straw, sleeve if sleeve, bag
 - \$6.90 (average 1 a week)

■ \$27.60 monthly

I chose a small list because I honestly couldn't think of anything else. If it something my parents are going shopping or paying for-food, clothes- than I do not have a say in the type, waste, or cost of the item. But this list has everything to change.

Obviously the top on for me is food. I don't need snacks after school at all, but if I wanted to have snacks, I could eat the peppers we buy every week, make zero waste kale chips, or wait until dinner, which might improve my healthy eating vs snacking mentality. A quick fix for starbucks is to bring my reusable cup and straw, which saves me about 20 cents per week on discounts, so that would reduce that total to \$26.8.

I cannot use the car less because I am legally required to go to school and we live further away, so that is not a feasible opportunity. I have switched to the Menstrual cups and not buying ICE, so that takes out those fees altogether. I can shave less, it's not like it matters for anyone but be and that would be a way to limit the resources from the razors I could probably only shave a few days, which we can say would lower it to \$3.40 a month. I can take forty off of eating out as well. For my miniature list, I would be saving...

$$.80 + \$3.57 + \$12 + \$9 + \$40 = \65.37 a month

Multiply that by 12 and I have saved \$784.44

- 1) This budget, for these few items, dramatically lessons my use of single use plastics. I removed tampons, plastic bottles, and razors, as well as starbucks cups, lids, straws, sleeves, and bags. My environmental impact has dramatically lessened by reducing this value, and I have saved money in the process.
- 2) MONEY! I work one day a week at a nursery and babysit some other days, so I do not have a steady source of income. Looking at my current spending on a list that I know does not include all of my expenses, I can see a massive gap in what I think I am paying and the actual tallied amount. I think I had a skewed perception of my bank account, because if I spent like that every month, I would not have any money left.
- 3) The third benefit is all personal to me. Some of these items, such as tampons or other treated cotton, razor goo, and sugar intake makes my eczema react and worsen, so taking those things out of my intake at all would mean an improvement of quality of life and dermal health. I would be saving money to pay for my steroid creams I need that cannot have an alternative. In taking some of those things out of the equation, I might not have a reaction to them, and might not have a need for the creams.