

Reduce, Reuse and Recycle to Save Money

Reduce Energy Costs

- ✓ Do a home-energy audit.
- ✓ Opt for ENERGY STAR appliances.
- ✓ Switch to energy-efficient LED lightbulbs.
- ✓ Wash clothes using cold water.
- ✓ Use a programmable thermostat.
- ✓ Run dishwashers, washers and dryers at night.
- ✓ Seal air leaks in windows, doors and attic ceilings.
- ✓ Fix faucet and showerhead leaks.
- ✓ Unplug appliances when not in use.

A showerhead that leaks 10 drips per minute can **waste more than 500 gallons of water** a year.¹



Recycle Items

- ✓ Reuse condiment jars for storage.
- ✓ Reuse cereal box liner bags to store, marinate or mix ingredients.
- ✓ Start seeds using old egg cartons.
- ✓ Cut up old t-shirts for rags.
- ✓ Donate items to your favorite charity or Facebook groups, Nextdoor or Freecycle.

Alternatives to Grass

Using an alternative to grass, such as mulch or rocks, reduces water consumption and runoff from fertilizer and pesticides.

Save Money in the Kitchen

- ✓ Buy from a Community Supported Agriculture (CSA) farm or a local farmers market.
- ✓ Purchase only what you need for a day or two when grocery shopping.
- ✓ Use leftover scraps for soup bases.
- ✓ Freeze leftover herbs with olive oil.
- ✓ Compost food scraps, paper towels, cooked rice and cooked pasta.
- ✓ Switch to reusable coffee filters.
- ✓ Instead of tea bags, try tea crystals or use loose-leaf tea and a tea infuser.

It is estimated that the average American family of four spends **\$1,600 on food that gets thrown out each year.**²

Sources: 1. [ionsolar.com/20-ways-to-make-your-home-more-eco-friendly](https://www.ionsolar.com/20-ways-to-make-your-home-more-eco-friendly) 2. [rts.com/resources/guides/food-waste-america](https://www.rts.com/resources/guides/food-waste-america)

Have questions about the market? I'm here to offer clear, concise information you can trust. Feel free to contact me and I will answer any questions you may have.