

25 surprising ways to save money by going green – Teacher's Notes

1. **ditch bottled water** – it's expensive and uses a big amount of plastic; marketing has led us to believe that bottled water is safer and healthier; use a water filter or a water destiller instead, and use a reusable water bottle
2. **switch to green energy** – green energy provider helps us save up to 240 pounds
3. **switch it off** – when your device is fully charged, unplug it, don't put it on standby; switch off the light when you leave the room (they are small things that we forget to do, but they add up and can make a big difference over time)
4. **recharge** – invest in a set of rechargeable batteries
5. **go digital** – save trees and save money. Online banking, saving your files on a harddrive, streaming sites, e-mail subscription
6. **cold wash** – switch to a lower temperature
7. **cycle or walk** – saving money on the cost of transportation + save on the vehicle emissions + getting outside and exercising
8. **eat less meat** – meat is expensive and damaging to the environment. Reduce your meat consumption. Try incorporating more vegan and vegetarian meals
9. **seasonal fruit and veg** – things that are at the peak of their supply, they cost less for the farmer to harvest and also require less time and less distance for the food to make it to your supermarket or your local shop
10. **bring your own bags** – charging for plastic bags is a great incentive to make sure that everyone is bringing their bags. Less plastic bag usage means less plastic in the landfill and less plastic in the ocean, less harm on animals, on sea life
11. **install a water aerator** – it reduces the amount of water that is coming out of your tap by filling it with some air. On an old-fashioned tap 15 litres of water can come out in just one minute. You can reduce that to 6 litres a minute
12. **use a drying rack** – don't use dryers or tumble dryers
13. **take fewer/less showers** – it's a common misconception that we should be showering every day and washing yourself very thoroughly – actually, it's not good for your skin to do that, you're washing off your natural oils constantly
14. **think before you buy** – the less you buy, the less you consume and the less money you spend and the less impact you'll have on the environment – don't buy spontaneously
15. **buy second-hand** – clothes, furniture, electronics. One person's trash is another person's treasure
16. **borrow before buying** – a dress for a wedding, a book you want to read
17. **recycle and sell** – old clothes, donate to charity shops (for a good cause)
18. **make your own cleaning products** – commercial detergents have a lot of harmful, toxic and totally unnecessary chemicals
19. **replace your lightbulbs** – with energy saving lightbulbs. They're expensive compared to normal lightbulbs, but that is because they last a lot longer, they use up a lot less energy and therefore they will save you money
20. **ditch paper towels** – they are completely unnecessary and they cost money. It's pointless when you have a cloth, you can use that to wipe up everything
21. **compost** – saving money on buying fertilizers and compost. In the bin food cannot compost because the air can't get to it
22. **cook from scratch** – cheaper than eating out, ordering take-away, buying pre-packaged food and processed food. It uses less plastic packaging, less waste and it's much more energy efficient + your body will thank you for it
23. **get a library card** – also using the library's facilities
24. **fix it** – we live in a throw away culture. The second something breaks, we throw it out and get a new one. It's bad for the planet and it's just really expensive
25. **programme your thermostat** – set a timer for your heating and hot water

Which tip(s) do you find most useful?

Which tip(s) would you like to implement right away?

Which tip(s) isn't new for you?

Which tip(s) do you find pointless?

Which tip(s) do you find too difficult to implement?