



10 MONEY SAVING TIPS TO SAVE YOU OVER \$5,000.00!

1 BAN BACTERIA + MOLD AND SAVE YOUR PRODUCE

Invest \$49.95 and **Save \$2200 a year per household** (acc'd to the Natural Resources Defense Council) by avoiding spoilage of food in your fridge using the BerryBreeze.com

The average American wastes 40% of all edible food. With the power of activated oxygen, BerryBreeze keeps your fruit, veggies and other food in your fridge from spoiling and decaying (2-3 times longer).

2 RETHINK YOUR LAUNDRY ROUTINE

Save \$740 in annual electricity, water and laundry detergent use.

Use the Washit.com detergent-less laundry system and Save \$700 per year; per household. It works with your household washing machine to infuse cold water with powerful oxidizers – deep cleaning your laundry like never before. Since you'll no longer use toxic chemical products with every load; it will save you money while protecting the health of your family and the environment.

Clothes dryers are typically the second biggest energy-sucking appliances (after refrigerators). They cost, on average, about \$85 to run annually. Line drying just half of your laundry can save you approx \$40 annually. Also, Look or reusable wool dryer balls to eliminate static cling and reduce drying time by improving your machine's airflow.

3

SAY NO TO DISPOSABLE PLASTIC BAGS

One time investment of \$5.95-9.95 vs. repeatedly purchasing new resealable bags = Long-term **saving of hundreds of dollars**

Most families spend \$85 a year on disposable plastic baggies according to Sierra Club. Plastic disposable Ziploc® bags make convenient food storage and freezer bags, but discarding them is a waste of money and resources.

The Blueavacodo (re)zip™ seal reusable snack and sandwich bags can easily extend their life tenfold. PVC-, lead- and BPA-free, each (re)zip features a unique double-lock closure that keeps liquids and food fresh inside. Using just 1 re(zip) at least twice a week can eliminate over 100 disposable plastic baggies per year. Do your part to reduce the over 20 million disposable snack bags that end up in landfills each year.

4

LET NATURE PURIFIER YOUR INDOOR AIR

Savings: up to \$800 (\$5-10 for houseplant vs. \$150 to \$900 for an air purifier)

The average person breathes in 10 to 20 thousand liters of air per day, so it's essential that air is clean. Portable air purifiers are popular, but some can emit ozone, a lung irritant and pollutant. Use houseplants to naturally purify the air; one potted plant per 100 square feet should do the trick. The top 10 plants that remove pollutants include: areca palm, lady palm, bamboo palm, rubber plant, English Ivy, Janet Craig, Dwarf Date Palm, Boston Fern, Ficus Alii and Peace Lily.

5

COOK AT HOME VS ORDERING TAKEOUT

\$5 to \$10 per home-cooked meal vs. \$10 to \$20 per takeout meal = **Saves you \$5 to \$15 per person per meal**

Ordering takeout is convenient, but can quickly empty your wallet while filling your garbage (and our landfills) with disposable containers and cutlery. Cooking at home is much healthier and better for mother earth. If you rely on takeout on busy week-nights, try preparing organic, freezable meals on the weekends that you can heat up quickly after work.

6

CLEAN WITH MICROFIBER TOWELS VS PAPER TOWELS

\$19.99 for 36 microfiber towels vs. \$70 for 54 rolls of paper towels = **Annual savings of around \$50**

Paper towels may be the default for tackling household cleaning tasks, but reusable microfiber towels often do a better job of whisking up dirt and grease. They won't scratch surfaces, leave no lint behind, and can be washed about 50 times. Using 1 roll of paper towels per week, at \$1.25 per roll, will cost you \$70 per year. A stack of microfiber towels last far longer and cost less.

7

CLEAN GLASS & MIRRORS WITH VINEGAR

\$1.99 for one 32 oz bottle of distilled vinegar vs. \$7 for two 26-ounce bottles of Windex = **Saves you \$5/month = \$60.00 per year**

Cheap and nontoxic, white distilled vinegar is the **ULTIMATE HEALTHY HOME** multi-tasker; it cuts through soap scum, deodorizes, and will make your windows shine. WE recommend making window cleaner by mixing 2 cups water with 1 cup vinegar in a spray bottle (add a few drops of dish soap to cut through residue left from synthetic cleaners). One 32-ounce bottle of vinegar provides the same cleaning power as two bottles of conventional (and chemical-laden) window cleaner for less than a third of the price.

8

RECHARGE YOUR BATTERIES

\$21 for 4-pack of eneloop rechargeable batteries vs. \$15.82 for 16 pack of Energizer AA Alkaline batteries = **Long term savings of roughly \$983.50 over each battery's lifetime**

Rechargeable batteries have long been a favorite of eco enthusiasts. However, newer pre-charged and ultra-low self-charge batteries are even more efficient and cost effective than their predecessors. We suggest the sleek eneloop batteries by Sanyo which can be used right out of the package and recharged up to 1,000 times. At around \$21 for a four pack of AA batteries, including the charger, you're looking at roughly half a cent per battery use, compared to around \$.75 to \$1 for a brand-name AA alkaline battery.

9

SIP YOUR WAY TO SAVINGS

\$100 for Sodastreamusa.com soda maker vs. \$2.07 per liter of bottled sparkling water = **Long-terms savings of \$.40 to \$1.85 per liter of water**

If you like sparkling water, you can't beat the Sodastream, which carbonates water and leaves far fewer empty Bottles in landfills. For \$100 you get the soda maker, a CO2 carbonator that fizzes 60 liters, and two BPA-free (or glass) bottles.

Exchange the empty carbonator for a new one (\$25; Sodastream cleans, refills, and resells the old ones), and the incremental costs go down to around \$.22 per liter. Compare that to \$1.66 per 750 ml bottle of Perrier (or \$2.07 per liter), and Sodastream is a steal – FOR REAL!

10 KICK THE BOTTLE HABIT

One-time investment of \$239-289 for the Propur™ big or Berkey water filtration system vs. upwards of \$253 for bottled water/per year = **Save hundreds per year**

There's no proof that bottled water is any safer than tap water, but we spend 240 to 10,000 times more for it. If you are concerned about contaminants in your tap water, invest in a water filtration system for your home. With respect to cost per gallon of water, calculated upon the cost per gallon for replacement filters and energy costs, distillation systems and RO systems properly maintained typically cost between 35-65 cents per gallon. A Berkey system typically costs about 1.6 cents per gallon versus bottled water which costs approx \$1.22 per gallon.

RONANDLISA.COM