

How Going Green Can Save You Money

Going “green” is becoming more and more popular not only for the benefits to the environment but also for the purposes of saving some money.

What does it mean to “go green”? It means to reduce the carbon footprint that you have on the environment by making conscious decisions to use less energy and produce less waste. We are living in a generation that is tired of paying consequences for the irresponsible decisions of previous generations, and is committed to changing things for future generations. If you want to be a part of this growing movement and see the benefits in saved costs and reduced utility bills, you can start with some of these tips:

1) *Slow down!* Driving at maximum speed limit and beyond might get you there faster but won't help the environment or save you any money. Your car's engine is designed to perform best at about 55 mph. Driving smoothly at close to that speed when appropriate without sudden accelerations or hard braking is the best way to reduce fuel emissions as much as possible and cut down on wear and tear to your car.

2) *Keep your car in shape.* Two things that you can also do to decrease the amount of gas you use and save money are to keep your tires properly inflated and the trunk free of extra junk. 20% of your car's fuel consumption is used up to counteract tire roll resistance. Premium tires at optimal inflation get the best gas mileage. Extra weight in the trunk also causes your car to use more fuel to run. Get everything out that doesn't need to be there and save gas money and pollution.

3) *Get walking.* For the least environmental impact of all, leave the car at home. Walking or biking to work or on errands is a great way to help the air stay cleaner, save money, and get healthier too. If you do drive, try to carpool when possible. The fewer cars on the road, the less pollution and the more money saved on gas.

4) *Get a reusable water bottle.* Think about how much money your family spends each year for bottled water. For the average family it's over \$1,000. Non-recycled plastic water bottles sit forever in a landfill because they aren't biodegradable. An eco-friendly, cost effective thing that you can do is get a water filter for your tap or pitcher for the refrigerator and use it to refill a stainless steel bottle.

5) *Use the internet.* Reading newspapers online saves trees and subscription costs. Making purchases online saves pollution and transportation costs that would be generated from a trip to the mall. You can even pay bills online and save postage. Ask merchants that you make regular payments to if they have paperless billing available. Receiving your bills online saves paper waste. If you need to you can always print out a hard copy.

These ideas can get you started, but there are many other things you can do to live a green lifestyle at home and at work. It feels good to know that you are doing your part to ensure a cleaner environment for your children and grandchildren, and to enjoy the cost savings as well.