



What I Spend

Green Goddess
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Rock Canyon High School



My Weekly Budget

Category:	Items:	Total Price:
Food- at home	Eggs, milk, bread, yogurt, apples, oranges, spinach, chicken, etc.	\$30
Food- Eating out	Weekly lunch out with friends and other fast food	\$20
Travel/ Commuting	Gasoline	\$20
Leisure Activities	Movies, nights out, amusement parks, etc.	\$15
Other Shopping	Clothing, makeup, self-care items, etc	\$15

Eliminating Food Costs

- ❖ While it's difficult to reduce my grocery costs, I can reduce my eating out costs
- ❖ Eating out is often quite costly and making meals at home is far cheaper
- ❖ Restaurants almost always use the cheapest ingredients when producing their food to increase profits, and as a result, their ingredients are not usually eco-friendly
- ❖ Fast Food produces a lot of waste with their packaging alone
- ❖ They use many chemicals and hormones in their food which have negative health and environmental impacts
- ❖ I will try to make more of my meals from scratch, using organic, non-GMO, fair trade ingredients.



Eliminating Travel/ Commuting Costs



- ❖ When looking through my budget, I realized how much money I spend on gas per week
- ❖ I live about 15 miles away from my school, and as a result end up commuting a decent amount within a given week
- ❖ Gas is a fossil fuel and as a result, produces many greenhouse gases when burned and creates significant air pollution
- ❖ I will try to either find a form of public transportation I can use to reduce my gas consumption or start a neighborhood carpool to my school to reduce our overall carbon footprint
- ❖ I can also try to bike or walk more to places

Eliminating Leisure Activity Costs

- ❖ Leisure activities make up another significant portion of my budget, but this could be easily reduced
- ❖ I can opt to do more free/ low cost outdoor activities like hiking or going to a National Park
- ❖ These outdoor activities also support conservation efforts and give a greater appreciation for nature
- ❖ I could also stay in more often instead of going out, as this also saves on gasoline consumption
- ❖ When I go do more outdoor activities, I could go together with friends in one vehicle to carpool as well



Revised Weekly Budget

Category:	Items:	Total Price
Food- At Home	Eggs, milk, bread, yogurt, apples, oranges, spinach, chicken, etc.	\$35 (an extra \$5 to make extra meals at home instead of eating out)
Food- Eating Out	None	\$0 (make at home instead)
Travel/ Commuting	Public Transportation, Carpools	\$5
Leisure Activities	Hiking, going to National Parks, staying in	\$5
Other Shopping	Only necessities like toothpaste or soap	\$5

Overall Savings

- ❖ My original budget was \$100 per week, but my revised one is only \$50 per week!
- ❖ This is a total savings of \$50 per week, or a total of \$2,600 per year!
- ❖ Not only that, but in addition to saving this money, I also get to help save the environment
- ❖ Most of the choices involved in creating my new budget were reductions in unnecessary materialistic spending
- ❖ Reducing these costs reduces the amount of stuff I'm buying, reducing the amount of natural resources used and what goes to landfills
- ❖ I would like to thank PGC for giving me this opportunity to reassess the costs in my life both to my bank account and the environment

