

GREENEST

Budget

Product	Brand/store	Amount Monthly	Amount Yearly
Body products/makeup	Boxycharm	\$21.00	\$252.00
Grocery store	Kroger/ Whole Foods	\$23.32	\$279.84
Fast-food	Sonic/Chipotle/burger king/gas station	\$37.91	\$454.92
Other restaurants	Calypso café/Bombay Palace/PM/Bongo Java/ Panera Bread/etc.	\$261.05	\$3,132.60
Gasoline/transportation	Tiger mart/ Exxon	\$54.56	\$654.72
parking	Premiere parking	\$4.00	\$48.00
Additional household items	Walmart	\$24.79	\$297.48
Pet supplies	Petsmart	\$11.37	\$136.44

Grand Total: \$5,256.00 a year

Reductions:

- **Body products:** one way I can reduce the amount of money I spend on body products would be to cancel my subscription to BoxyCharm. At the moment, the only money I spend on body products on a monthly basis comes from my subscription. All other body products, such as shampoo, face wash, toothpaste etc. fall into my household supply category because I do not buy them on a monthly basis. I buy them on a semi-yearly basis. Cancelling my subscription would leave me with extra \$21.00 a month.
- **Grocery Store:** When I saw the amount of money I spent at grocery stores, I was actually surprised it was such a low amount. I think that spending more money at grocery stores such as Whole Foods and farmer's markets would actually help me to place my money in better places. Right now, I don't think I spend enough at these places that provide me with healthy food, grown in safe ways.
- **Fast-food:** There is only one fast-food restaurant that I hope to continue using and that is Chipotle. Chipotle is the only fast-food restaurant (where I eat) that serves organic ingredients AND tries to reduce its waste. The other restaurants are not companies that I wish to support with my money. I eat at Chipotle probably 3 times a month at around \$9.00 a meal. If I rid myself of the other fast-food in my life, then I will be saving \$10.91 a month.
- **Other restaurants:** I currently spend way too much money at sit-down restaurants. Until I just now added up the prices, I had no idea that I spent this much money on eating out. While some of the restaurants are companies that I do support, such as Bongo Java, which uses fair trade coffee, and Starbucks, which also uses Fair Trade Coffee, I think

that by spending more money in groceries and less in restaurants would decrease the amount of money I spend, and also help me reduce my waste. When I go to restaurants, I currently do not bring my own coffee cup, (although this is another option to help me reduce waste) and I almost always have to get some sort of to-go box or container to hold my food. Those containers are rarely recyclable. By planning ahead, making meals that I can bring with me to school and work instead of buying food at restaurants, I could roughly save around \$65.26 a month if I cut back by only a fourth of my spending. While I know that I could definitely reduce my spending by more, I think that realistically one fourth of my budget is a change I could make in the next month. Of the \$65.26 that I am saving, I will spend half of that on additional groceries from Whole Foods and Farmer's markets. My monthly savings will then total to \$32.63.

- **Gasoline/transportation/parking:** I think the easiest way for me to reduce my costs in transportation would be to carpool more often. I currently live 10 minutes from campus by car. If I carpool with my roommate/friends 4 days a week, then I could save almost 30% of my gas money. I will still have to drive to work and my internship because they are too far to walk or bicycle. Saving 30% of my money on transportation would give me an extra \$16.39 a month.
- **Additional household items:** My goal for spending in terms of household items is not to spend less, but to spend the same amount of money in companies that I trust. My household items include things like body products that I buy less frequently than every month, clothing, toilet paper/paper towels, dishwashing detergent, laundry detergent and light bulbs. Most of the time, when I go to Walmart, I buy the cheapest version of a product I can find or an off-brand version. I now know to look for companies like Acure for body products, and companies like Seventh Generation or Simple truth for cleaning products and paper towels. For lightbulbs, I will look for energy efficient bulbs, which last longer and require less energy.
- **Pet Supplies:** The money I spend on pet supplies currently goes to organic bunny litter or food depending on the month. I usually only need to buy one or the other because my bunny does not eat more than one giant bag of food in a month. I use CareFresh litter, which I support and therefore do not think I need to change my spending habits for pet supplies

Spending after Reductions:

Product Type	New Monthly Amount	New Yearly Amount
Body products/makeup	\$0.00	\$0.00
groceries	\$55.95	\$671.40
Fast-food	\$27.00	\$324.00
Other restaurants	\$195.79	\$2,349.45
Gasoline/transportation/parking	\$38.19	\$458.30
Additional household items	\$24.79	\$297.48
Pet supplies	\$11.37	\$136.44

Grand Total: \$4,237.03

Total Savings: \$1,018.97

Benefits:

- Buying more food from farmer' s markets will not only allow me to have more food for less money, but it will also support the local farmers who supply good products with less chemicals and less fuel used for transportation
- Reducing the number of times I eat at restaurants will reduce my waste by reducing the number of container I throw in the trash such as to-go cups and boxes
- Choosing to support companies that make a conscious effort to protect our planet encourages other companies to change the way they run their operations
- Carpooling saves me money on gas and reduces my use of fossil fuels