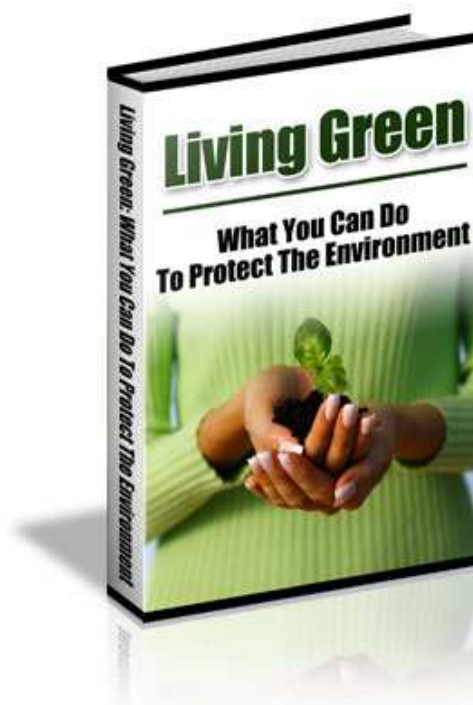


~ **SNEAK PEEK** ~

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### **Foreword**

These days, climate disaster events such as tornadoes, floods, and bushfires, seem common place, and it feels like we are powerless to do something about it. On the back of all this we have to contend with the ongoing Global Financial Crisis.

2010 was declared "The International Year Of Biodiversity". It's global events like this and others such as Earth Hour, Earth Day and World Environment Day that capture the attention of people worldwide. Not to mention "Endangered Species Day", marking the endless loss of critically endangered species occurring every day!

These events are beacons of change, and signify that we must take action as individuals to make a difference. *Living Green*, or to be "seen" *Living Green* is very high on the list for millions of people who want to make a difference.

Ultimately, when we **"Live Green"**, our back pocket also wins because we save on cheaper power bills, use less gas to drive the car, and we become more clever in the way we manage our homes, our gardens, and how we cook, or shop. More importantly, we are making a difference. But it doesn't just happen - we must make it happen and take action now. So please read-on and discover how you can take simple steps for making a massive difference! And the best thing - it's easier to do than you think.

The following "Sneak Peek" provides you with a look into the **"Living Green"** ebook. This book has crucial information. It will teach you everything you need to know on how to **"Live Green and Find Green Savings"** in just about every aspect of your life. From the simple to the complex, this book has it all.

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~ **FREE SNEAK PEEK** ~

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## Introduction

**W**e are increasingly feeling the need to help the environment in the face of global warming. Most people would like to "live green", but think it would be more expensive to change their ways than just carry on as always.

Well, the good news is that you **can** save money living green. You can adopt all kinds of environmentally friendly habits that will keep a sizable portion of your hard earned money firmly in your pocket.

Isn't that the best of both worlds? You get to do your bit for the good of mankind, spending less in the process. Of course, you need to know all the best strategies. Some of them are obvious and touted by everyone who preach the green life.

However, there are lots of little known ways to make a huge difference that very few people talk about. It is mainly those kinds of strategies that this ebook concentrates on.

Even if the worst predictions of our planet's fate from man-made global warming fails to actually come about, we can all benefit greatly by adopting green measures. Earth's resources are for all to enjoy and we should not be wasting them, even when there appears to be plenty to go round.

Some of the statistics stated in this ebook may shock you. It shocked me too. It soon becomes obvious that we humans are a wasteful lot, or at least we have been. But there will never be a better time than now to change your ways, go green and save green at the same time.

Even if you only take up one single tip from this ebook, that will be worth it. There are 125 green strategies in this ebook to help you save your money and still be green, so you have little excuse not to start doing several of them - or all of them! ■

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## The Home

**T**he home is one of the places where you can make the most savings and also the biggest environmental impact. There are so many things that can be improved or changed in any home.

These measures typically don't cost the earth – sometimes nothing at all, and the savings gained can be considerable over time.

Even if you are not in a position to invest in greener ways, you can still make a tremendous difference at little or no cost. You just have to know how.

This section, dealing with the Home, is the largest, so it has been divided up into three basic sub-sections:

- The Kitchen
- Home Appliances
- Heating & Insulation

Each of these sections is dealt with in depth. The tips offered are the best in terms of overall savings for you, as well as in terms of positive overall environmental impact.

I realize that not all of the green strategies will suit everyone, but there are plenty to go round, so expect to find some that can fit into your lifestyle perfectly. ■

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# **The Home**

## **The Kitchen**

### **Living Green Strategy #1**

Want to save the environment from one ton of carbon every year? Start today by only filling your kettle with the amount of water you actually need every time. Most people fill their kettles to the brim. They waste electricity – and their money – in the process.

Persuade another 14 families (15 all together) to only fill their kettles with what they actually need and a whole ton of carbon will be prevented from floating into the atmosphere to do its irreparable damage.

If only your family did this for one week it would save enough energy to light up your house for a day, or run your TV set every evening for a week.

### **Living Green Strategy #2**

Cooking requires heat, so conserve it to save money. Keep a lid on all the pans being used in cooking. Water will boil around 6% faster in pans with a lid on, thereby saving time, electricity and your money, as well as giving the environment a break.

### **Living Green Strategy #3**

If you are cooking in the oven, keep the door closed. Most modern ovens have a see-through door to let you see what's happening inside. Use it!

Around 20% of oven heat is lost every time the door is opened. If you're trying to bake a cake, for example, and you keep opening the door to see how it's getting on, then you are cooking at 80% of the

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correct temperature, while wasting energy and money!

### **Living Green Strategy #4**

If you use commercial cleaning products in your kitchen, **STOP!** They are expensive to buy and expensive to produce.

You can make your own cleaner from a mixture of vinegar, salt and baking soda. It will clean perfectly, and it will contain no toxic chemicals, thereby helping the environment. It will cost a great deal less too.

Not convinced? Think about this... We dump some 32 million pounds of damaging toxins down our drains every year, just from household and kitchen cleaning products alone.

What kind of damage do you think that is doing to the environment? Well, you don't have to do it anymore.

Here's another simple recipe for an all-purpose cleaner, courtesy of Greenpeace:

- ½ cup pure liquid soap
- 1 gallon hot water
- ¼ cup lemon juice

It's safe and effective, and costs very little.

### **Living Green Strategy #5**

I'll bet you use one of those hard plastic scrub pads to get the baked on grime off your pots and pans. Then after a week or so you throw it away and start using a new one. Bad idea.

Consider using something more permanent that will last a very long time, and will get the dirt off too. A good old-fashioned scrubbing brush will do that. Yes, I'm serious. It will last for months,

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if not years, and it can be recycled over and over again.

You save money and the environment doesn't get clogged up with old plastic scrub pads. Isn't that a great idea?

### **Living Green Strategy #6**

Do you follow cookbooks to the letter? You shouldn't always take their advice as being good advice. It often is, but not always.

You don't have to pre-heat an oven for every dish, unless for bread and pastries. Just shove the dish in the oven and switch on, setting it at the right temperature. And re-read **Living Green Strategy #3** in case you've forgotten.

### **Living Green Strategy #7**

Eat in more often. Americans eat out on average around five times a week! Meals that are prepared commercially are costly and may contain chemicals and ingredients that are less than really good for you.

Go for the healthier option and save your money. The environment will benefit from a little less commercial cooker activity too.

You could find yourself saving around \$100 a month from eating more modest meals at home. You won't go hungry either, and you'll know what all the ingredients are.

### **Living Green Strategy #8**

Cook once and eat twice. This is a great way to save all round. If your oven can hold two chickens, and I'll bet it can, then why not roast two instead of one every time?

Two chickens will cook in about the same amount of time that one will. Now, do the math... You will cut your cooking time in half,

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saving electricity or propane cooking gas – and guess what happens to all the money saved! Yep, it stays right in your pocket.

You also save a lot of time when you come to prepare your next meal. Remember, it doesn't have to be just chickens. This will work with turkeys, roast beef, etc. And I surely don't have to mention the environmental benefits...

### **Living Green Strategy #9**

An interesting statistic from Bicycling Magazine tells us that you can save around \$2,000 a year on health costs on average by simply eating enough fruit and vegetables.

The average weighted price of fresh vegetables is around 64 cents per pound and the average weighted price of fresh fruit is around 71 cents per pound. The average price of a pound of beef is around \$4.15. OK, so you save money, but does it help the environment?

Oh yes!

A lot of the costs are in bringing the end product to the market. Vegetables and fruit are cheaper to produce. Their production is less harmful to the environment too.

Consider also that vegetables are plants and most fruits grow on trees, which both absorb CO<sup>2</sup> and give out oxygen. Cattle, pigs and sheep don't do that.

In fact, they do the opposite. Cattle especially produce a lot of methane, a powerful greenhouse gas. They breathe it out and expel millions of tons of it in other ways that are best left unmentioned.

So, when you breed a lot of cattle for food... You figure it out.

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### **Living Green Strategy #10**

How many times do you or your children eat a bowl of cereal and end up with all the cereal gone, but a quarter cup of milk left at the bottom of the bowl, which gets drunk on its own?

You could save around six gallons of milk a year if the cereal and the milk both ended at the same time. No, I don't mean put in more cereal, I mean put in less milk! You'll save money and ease up a little on the need for milk production too. Now, imagine if every single person who eats cereal every morning did the same...

### **Living Green Strategy #11**

By the way, milk will freeze just fine. It takes a little while to thaw out, so you do need to plan ahead a bit. The fat can separate from the milk, so it needs a good shake after thawing too. Apart from that though, it will taste exactly the same after thawing as fresh milk will.

### **Living Green Strategy #12**

It's perfectly possible to cook for a whole week in one go. It will take a little planning and probably a whole afternoon (Sunday afternoon perhaps?), but after you've cooked for the week, all you have to do is freeze or chill the individual meals, ready for heating up when you need them.

This idea was popular during World War II when resources were more scarce. It still makes sense though. You don't have to cook the whole meal, of course. If you plan to have pasta with a meat dish, just cook the meat beforehand as pasta cooks fast and is best fresh.

Use your common sense and make a plan, and you'll be amazed at how easy it is and how much you can save for yourself and the planet. ■

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**END NOTE**

*There's a million more places where you can make small changes and reap huge benefits. How? You probably already know how. There's too many to list of course, but they include things like:*

- *How to save 15% of your household's water consumption with a simple device that costs next to nothing.*
- *How to save 10% in drying your clothes by throwing in one item in every load of clothes you dry.*
- *How to save an additional 5% off your electrical bill at a flick of a switch, not what you would think.*
- *How to reduce heat loss in windows up to 45% without upgrading your windows.*
- *How to reduce your water usage by adding one little item to your soil while growing better looking plants.*
- *How to reduce your computer energy needs by 20% by knowing which computer to buy.*
- *How to save several hundred dollars per year in fuel by doing one simple thing before starting your car.*

There is no doubt that energy costs will continue to skyrocket upwards. While you can't do much to change that, you can save some of the money you are currently wasting, often without costing you any money! This is your best chance to make a difference and help the environment in the least costly way possible.

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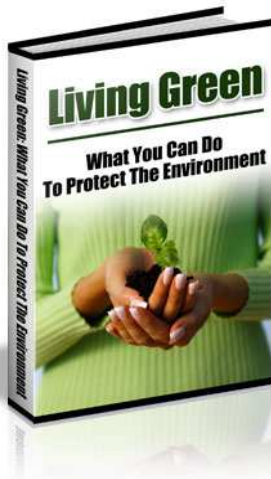
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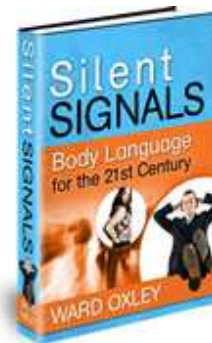
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