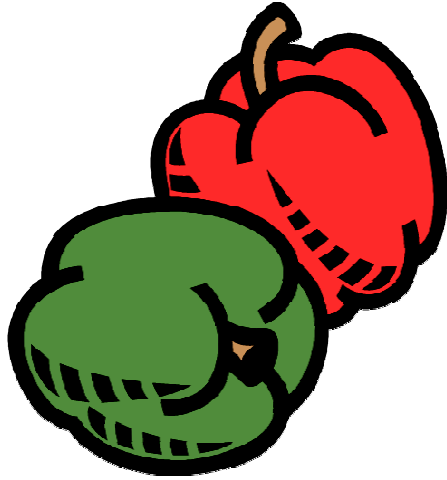


## Save On Food

6

### Grow Your Own

Beat rising food prices by growing your own. Plant a



backyard vegetable garden, join a local community garden, or buy a share at a local farm through a Community Supported Agriculture program.

Learn to can your food and make it last into the winter. Look for lessons at farmers' markets, gourmet cooking and food stores, cooking schools, or state ag school extensions.

Plant a few strategically placed trees around the yard. They can reduce your heating and cooling expenses by 20%.

## About the Green Party

The Green Party runs candidates and elects representatives who haven't sold out to Wall Street or the Tea Party.

We don't take money from for-profit corporations. We are an independent local political party, and part of a global movement.

We have four core values: Peace, Ecological Wisdom, Grassroots Democracy, and Social Justice.

We invite you to join us: volunteer your time and skills, donate, and vote Green!

## Contact Us

[office@gp.org](mailto:office@gp.org)

[www.gp.org](http://www.gp.org)

202-319-7191



## Save Money



## Save the Planet



**6 easy ways to**

**Live Green**

## Save Energy

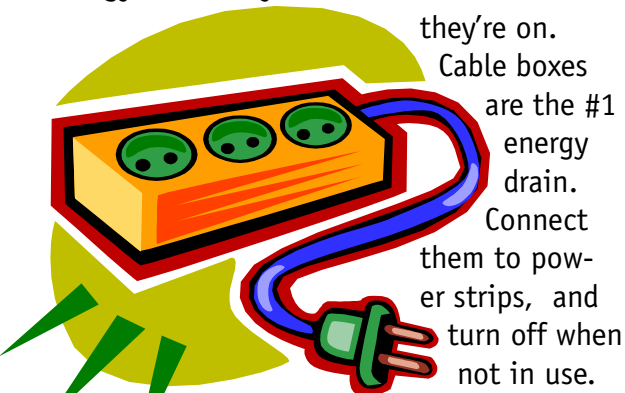
The average American household spends about \$1,900 every year on energy. Residential energy use accounts for about 20% of America's greenhouse gas emissions. Cut your gas and electric bills by using less!

### 1 Stay Cool Without A/C

Home cooling accounts for 5% of the energy we consume in the U.S. each year. Keep hot air out by closing windows, curtains and blinds. Place a bowl of ice or a frozen milk jug in front of a fan. Put reflective film on your windows.

### 2 Be A Power Stripper

Many electronic devices use almost as much energy when they're turned "off" as when they're on.



Cable boxes are the #1 energy drain. Connect them to power strips, and turn off when not in use.

Source: "Five ways to save \$500 a month," Karen Siegel-Maier, Yahoo Green, 7/7/2009, 12/5/2011.

## Save Paper/Plastic

### 3 Re-Usable, Not Disposable

A family of four can save \$2,469 a year!

**Save \$140** Instead of paper towels and napkins, use cloth. Old towels and t-shirts make fine rags for cleaning.



**Save \$142** Put lunch or leftovers in hard plastic or glass re-usable containers, not plastic bags or aluminum foil.

**Save \$2,187** Drink tap water at home, and when you're on the go, use stainless-steel bottles with drinks from home, instead of buying single-serve bottled drinks.

Most bottled water is actually tap water. Producing bottled water for the United States consumes 17 million barrels of oil annually, and 80% of bottles wind up in landfills.

Source: "Stop throwing money away," Lori Bongiorno, Yahoo Green, 6/15/2010. "The Battle over Bottled Water," nytimes.com, 3/24/2010.

## Save Chemicals

### 4 Use Home-Made Cleaners

Save on insect sprays, weed killers, and drain cleaners, and keep toxic chemicals out of your house and yard. Use a mixture of vinegar, water, and baking soda instead.



## Save On Gifts

### 5 Re-Purpose, Add Meaning

Make your own gifts, such as cookies or personalized calendars; give gifts using your skills, such as bike tune-ups or guitar lessons; use old maps, children's art, or fabric for wrapping paper; give "pre loved" items.

Source: "20 Unusual uses for vinegar," Stephanie Rogers, EcoSalon, 10/17/2011. "Tired of Too Many Gifts?" Sami Grover, Treehugger.com, 12/26/11. "10 Eco-Friendly Alternatives to Wrapping Paper," Stephen Messenger, Treehugger, 12/10/09. "Do It Yourself Xmas," getrichslowly.org