



## Conservation Corner

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## 5 Easy Ways You Can Save Money and the Planet too

It's no secret that our natural environment is under immense pressure. From climate change to plastic pollution choking our rivers and oceans, none of it's good news. Many assume that going 'green' involves expensive and drastic lifestyle changes. However, the truth is that central to the concept of living more sustainably involves reducing your consumption. Which goes hand in hand with reducing your expenses. Here's five simple ways you can start helping the planet, along with your wallet, right now!

**1. Drive Smart:** Ditching your car and walking or cycling rather will undoubtedly reduce your carbon footprint and save you fuel. But even when driving, there are many simple practices you can employ to significantly reduce your fuel consumption. Such as ensuring your tyres are properly inflated. Cleaning your air filters regularly. Driving under the speed limit. Keeping your car in higher gears. And aiming to drive smoothly, avoiding sudden braking and fast accelerations.

**2. BYOB:** Scientists have warned that there could be more plastic in the ocean than fish by 2050! So, bring your own bag when you do your shopping. Not only will you save

money each time you shop for groceries. You might find it a bit easier to look your grandchildren in the eye, knowing you were part of the solution rather than the problem.

**3. The Sniff Test:** According to the Food and Agriculture Organization of the UN, a whopping one third of all food produced for humans is thrown away each year. Plenty of that is from food being thrown away having reached its so called 'best-before' date. Our ancestors used to manage just fine without these labels and so can you. Just use your nose. That's what it's there for. If it looks normal, smells alright - it's certainly going to taste fine.

**4. Change Your Lightbulbs:** While CFL and LED lightbulbs cost more upfront, consider that they use up to 75% less energy and can last up to 25 times longer than traditional lightbulbs. You save money in the long run. So, what are you waiting for?

**5. Unplug Your Electronic Devices:** A study conducted in northern California found that on average 23% of household's electricity consumption was due to inactive appliances or devices left on standby. Devices that still draw power even when



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turned off include your TV, chargers and PC. Unplug these devices when not in use and start saving on your electricity bill today.

With an ever-mounting list of environmental issues facing us today on a global scale, it's easy to feel overwhelmed and think that one's actions are nothing but a drop in an immense ocean of calamity. But as David Mitchell so aptly put it, "What is an ocean but a multitude of drops." ■

Sources:

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