

THE EARTH ISSUE

SIMPLE WAYS TO SAVE THE PLANET AND YOUR CASH

POP QUIZ! What do Planet Earth and your money have in common?

ANSWER: They're both important resources that you need to save!



The Earth provides essential elements for your survival such as water and air. Like the cash in your wallet, you have to use them wisely if you want them to last.

The good news is that you can actually build your wealth by protecting the planet. Use the following tips to **save some green by going green.**



REFILL FOR FREE

Discarded plastic often ends up in our rivers, lakes and oceans. It causes massive amounts of litter and harms the animals that eat it.

What can you do to help? Carry a refillable water bottle instead of always buying plastic ones at the store. The Earth—and your wallet—will thank you.

TAKE A TRANSPORTATION VACATION

Driving is convenient, but it comes at a price to you and the environment. The cost of gas, registration and insurance adds up, and car exhaust pollutes the air.

If it's unrealistic to ditch your car permanently, try taking a break from it. Ride your bike, use public transportation or walk instead. After a month or two, you may be surprised at how much money you saved.

REDUCE USE

Water gives life and is required for food to grow. In other words, it's kind of a big deal.

To use less water, limit your showers to five minutes and turn off the faucet when brushing your teeth. You'll help keep the H₂O flowing while reducing your family's water bill.

DID YOU KNOW?

The average person spends ...
\$100 per year on bottled water¹
\$8,849 per year to drive a car²

IS A MEATLESS DIET WORTH IT??

Even die-hard carnivores have to admit: meat is expensive. Plus, meat production puts a strain on the environment's resources. On the other hand, mmm, barbecue!

But does all of this mean a vegetarian diet is a better option? Let's look at some tasty statistics gathered from a recent study*:

SAVINGS STAND-OFF

\$2,015 / year (veg diet) **vs.** \$2,761 / year (diet with meat)

PROTEIN CHALLENGE

60 grams / daily (veg diet) **vs.** 96 grams / daily (diet with meat)

NUTRITION ADVANTAGE

More fiber and is a great source for vitamins C and E, magnesium, potassium, and folic acid (veg diet)

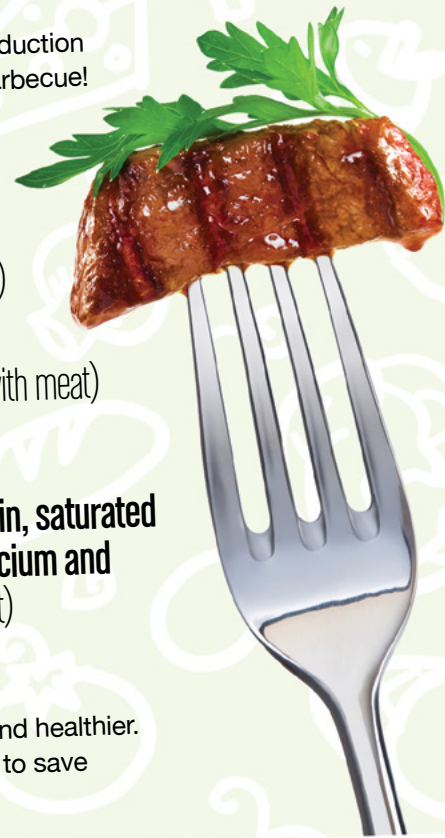
vs.

A strong source for protein, saturated fatty acids, zinc, iron, calcium and vitamin B12 (diet with meat)

THE TAKEAWAY

While they don't pack as much protein, vegetarian diets are cheaper and healthier.

BOTTOM LINE: If you just can't give up burgers and wings but want to save money (and help the planet), you might consider eating less meat.



*Journal of Hunger & Environmental Nutrition

14 FUN & FREE THINGS YOU CAN DO OUTSIDE TO GET A BIG WARM HUG FROM MOTHER EARTH

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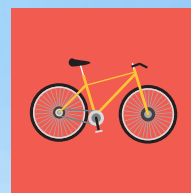


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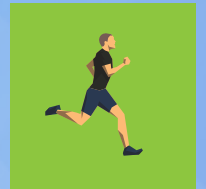
1. GO FOR A HIKE 2. TAKE A BIKE RIDE 3. PLANT A TREE 4. COMPOST 5. WALK YOUR

DOG 6. VISIT THE NEAREST LAKE OR

OCEAN 7. GO FOR A RUN

8. WATCH A SUNRISE/SUNSET

9. TAKE A (FREE) OUTDOOR



YOGA CLASS 10. ORGANIZE A SCAVENGER HUNT 11. FLY A KITE 12. PICNIC IN A PARK

13. SKATEBOARD 14. ROLLERBLADE

