How to Save Over $1,000 per year by going green

What if protecting your health, your family, and the planet could also save you more than **$1,000 every year**?

You don't need to live in a forest, grow your own wheat, or talk to your houseplants (unless you want to — they don't judge, neither do I, lol). Just start with a few simple swaps. Let's laugh a little. Save a lot. And make life easier.

1. Stop Using Hand Sanitizer (Save about $10/month)

Many commercial hand sanitizers contain synthetic chemicals and alcohol concentrations that may disrupt natural skin microflora.

Your skin is actually supposed to have friendly bacteria. Yes, you are a walking ecosystem. And that's a good thing. Some research suggests excessive antimicrobial product use may contribute to microbial resistance. 👉 Savings: ~ $120/year

2. Stop Buying Bottled Water

Even if you spend only **$2 per day** on bottled water: 👉 That's about **$730 per year**. Instead:

Buy a good water filter. Good filters can cost: $50 – $200 one time 👉 Potential Savings: $500+ annually. Your wallet and the planet both get a drink.

3. Skip Conditioner — Try Natural Oils

Many people don't actually need heavy synthetic conditioners.

Try: Coconut oil (tiny amount!) as a leave on conditioner.
Fun fact: If your hair looks greasy, you probably used too much oil. Remember, you are not making salad dressing. 👉 Savings: ~$100/year

4. Replace Multiple Household Cleaners

You probably don't need: Window cleaner, Floor cleaner, Counter spray Bathroom foam cleaner
Simple alternatives work well:

- Vinegar + water for windows, Mild soap solution for floors
- Baking soda for scrubbing

  👉 Estimated Savings: $200–$300/year and fewer mystery chemicals hiding under your sink.
- Hydrogen peroxide for disinfecting (it can bleach!)

5. Say Goodbye to Dryer Sheets

Dryer sheets are often coated with synthetic fragrance chemicals. Try reusable dryer balls. They reduce static, improve airflow, and last for years 👉 Savings: ~$60/year Bonus: Your clothes will stop smelling like "artificial summer thunderstorm."

6. Stop Using Aluminum Foil

Use glass containers, reusable silicone wraps, food storage containers. 👉 Savings: ~$50/year

Also — your leftovers will not develop foil personality.

7. Reduce Ziplock Bag Use

Single-use plastic bags are expensive over time.

Try: Reusable storage bags, Glass containers, Meal prepping in batches 👉 Savings: ~$50/year

8. Stop Bagging Leaves

Leaves are not enemies. They are nature's free fertilizer.

Instead of bagging leaves: Mulch them into soil. They support your yard ecosystem
👉 Savings on trash bags + gardening benefits. ($10 per year)

9. Make Your Own Black Tea

Super simple.

Just:

Boil water, Add tea leaves, Steep 3–5 minutes
No plastic bottles.
No sugary additives.

And yes, tea tastes better when you are slightly smug about making it yourself.

10. Stop Using Paper Towels - Estimated Savings $60 per year. Spend $5 for a Swedish Sponge Cloth

💡 **The Big Idea** It all adds up! If you save: $50/month → $600/year $80/month → $960/year. Small habits. Real impact. More money in your pocket.

🌿 Start With One Change

Pick one thing.

Try it for 30 days.

Then add another. You don't need to fix the planet today.

Just make tomorrow a little cleaner. Thank you for reading, my sweet CHANGE MAKER!