

LIVABLE

PRESENTS



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SMART SAVING TIPS

Your guide to making smart choices for the environment



WHAT'S GOOD FOR THE PLANET IS GOOD FOR YOUR WALLET!

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WATER & ENERGY!

The Bad News:

Water is the second most limited resource on the planet.



The Good News:

It's never been easier to help conserve it.

Here are a few quick and easy things you can do, that will make a big difference. See how easy it is to conserve water & energy at home!

IN THE KITCHEN

Whether you live alone or have a family, the kitchen is one of the most important places to conserve water, because this is where most water is wasted.

A lot happens in and around the kitchen sink:

The baby gets bathed there...

The veggies get peeled there...

A lot of stuff goes down the drain.

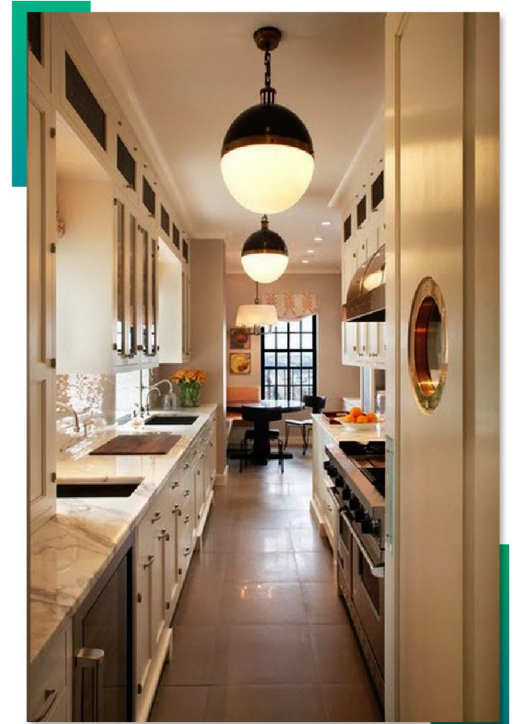
Save some water during meal prep by using a large bowl of water to peel & clean the veggies, instead of letting it run.

Why not play some tunes or listen to a podcast while you're there? Without the water running, you'll be able to easily hear it and enjoy it!

If you have kids, this can be a great chance to:

Connect with each other. Teach kitchen skills and share the importance of conserving water all at the same time!

Kids as young as 5 can help peel the veggies, and they can chop the veggies with supervision too. Kids love to help, why not let them?



What happens after dinner?

We all know the scene... all of a sudden everyone has something exceptionally important to do! Siblings are the worst for this. 'Last one left in the kitchen is IT for cleaning up!'

Encourage the unlucky last one standing to fill the sink with soap & water, instead of letting it run.

Everyone in the house should make this a habit - when you're washing the table and counters etc, fill the sink and rinse the cleaning cloth there.



Maybe you're a great cook, maybe you're not, we're not judging. If you use the stovetop fan, for whatever reason, remember to turn it off when you're done. You only need to let it run while you're clearing out the smoke, or enticing everyone to the table. If it runs longer it's using unnecessary power. And it's LOUD!



DID YOU KNOW?

People exposed to loud sounds on a regular basis suffer hearing loss. Noise pollution is a real concern!

Smaller appliances use less energy than the stove, so once or twice a week use a toaster oven or the microwave to make dinners.

This is actually a great way to help your middle-aged kids (or spouse!) learn to cook safely: once a week let the teens & preteens cook in the toaster oven.

Once a week let your younger children (6-10) have a go at reheating dinner in the microwave. They'll feel pride in learning how to make food for the family, and you can be proud of a parenting job well done.

Note

Be mindful of proper kitchenware while using these appliances.



Life Skills - CHECK!



Conserving Energy - CHECK!



**NOT Cooking 7 Nights a Week-
CHECK, CHECK, CHECK!**

1

HOT TIP!

Make dinner time greener by using a slow cooker! This handy appliance can help you cut down on cleanup, and is also more energy-efficient than using multiple burners and an oven to prepare a meal.

Check out [@SlowCookerGourmet](#) on IG - we love that they highlight real ingredients (things you already have in the fridge).

IN THE FRIDGE

Ever discovered unexpected science experiments at the back of the fridge?

Stuffing your fridge causes more trouble than just moldy leftovers.

Your fridge doesn't work as well as it could when there's too much in it. Meaning, your food won't last as long, and your fridge will have to work harder. (= money down the kitchen sink!) (The best temperature range is between 38-42 degrees Fahrenheit. And your freezer works best between 0-5 degrees)



DID YOU KNOW?

It's best to let food defrost in the fridge overnight, rather than run it under hot water. (Forgot to take the chicken out last night? No prob - use the defrost setting on the microwave - not water - to get the job done)



2

HOT TIP!

Keep a jug of water in the fridge so you don't have to run the tap until it's cold

Grandma Knew What She Was Doing

Ever wonder why your Grandma would always unplug every appliance she could?

Because she knew how to save her pennies!

Coffee makers, toasters, etc use energy when they're plugged in, even if they're not 'on'.

If they're easy to plug in and plug in, that's the smart choice for the environment, and to save money on energy bills.

(It's true that not everyone pays their own power, but it's also true that knowing you're wasting energy and not doing anything about it means you're wasting \$\$\$, even if it's not yours)



DID YOU KNOW?

Many power plants run on hydropower, meaning using energy when you don't need to is actually another way you could be wasting water.

Something else Grandma was great at was checking to see if the food in the oven was ready using the light inside, rather than opening the door a lot.

Why?

The warm air escapes every time the door gets opened, wasting energy.

To be honest, not sure if Grandma did this to save from losing energy or because she didn't want the casserole to take even longer to cook...



DID YOU KNOW?

Never open the oven door when a cake is baking. The sudden temperature change can cause the rising cake to sink. No ruined cakes on our watch.

EVERYONE CAN PARTICIPATE

Whoever's not on chef duty for the evening can volunteer for the clean up duty.

Interestingly, like fridges, dishwashers shouldn't be stuffed either.

Stuffing them too full will only mean creating additional chores.

Try washing the excess dishes in the sink in a bowl of soapy water. Running the water is a nasty habit to get into.

It's never too late, start being mindful of water conservation!



3

HOT TIP!

Offer whoever volunteers to be 'chef' of the evening to get off clean-up duty! This will make it easier to convince them to help out!

IN THE BATHROOM

Did you know?

A bath can use up to 15 more gallons of water than a shower.

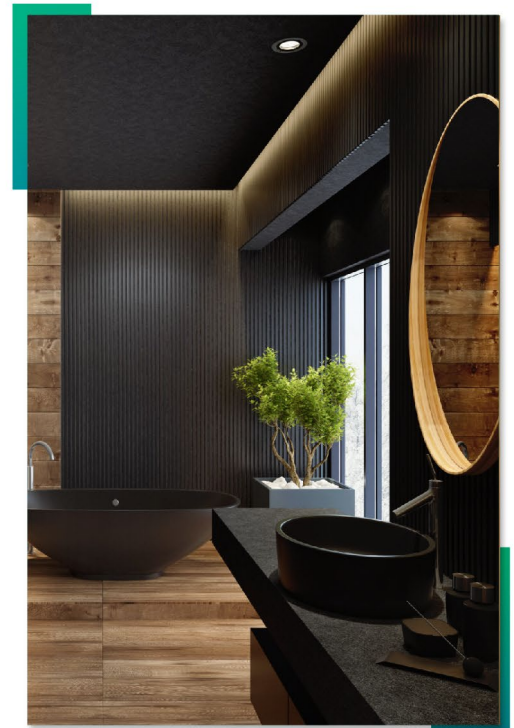
That's about the equivalent of a medium fish tank. Which might not seem like a lot, but if you have 4 baths a week, that's the same as a 60 gallon fish tank, repeated every month for a year and you're now talking about a tank for Shamu. Not to mention that long baths aren't great for your skin.

What's the takeaway?

A shorter shower is better for your skin AND for the environment.

Now to tell the teens... Another important thing for kids to learn: leaving the water running while brushing their teeth can waste up to a gallon each time - or more.

They've heard it already at school in the lower grades, why not repeat it at home to make sure they learn that lesson? Otherwise your family could accidentally be filling up a tank sized for a killer whale...



TROUBLES IN THE BATHROOM

Have a leak?

Get it fixed, pronto.

These can look like itty bitty issues but again, they add up quickly because the leak is happening 24/7.

Small leaks can actually waste **HUNDREDS** of gallons a day!!! ... and you thought the bath was bad...



DID YOU KNOW?

Just like stove fans, bathroom fans should only run long enough to clear the moisture (or odors) from the room. That way you avoid using excessive energy.

IN THE LIVING ROOM & BEDROOMS

TVs, computers and other electronics suck up power even when they aren't turned on.

We hear you though - some plugs are WAY too annoying to unplug every time you use them.

One thing you can try is to plug them into an easy-to-reach power strip that can easily be flipped on and off. A little bit of effort for a BIG payoff. A very smart choice!

An easy habit:

Curling irons on the dresser?
Blowdryers on the makeup table?
Shavers near the sink?

All of these can be easily unplugged to save on energy.



DID YOU KNOW?

There are over 200,000 fires started by curling irons left on accidentally each year!

Apartments get hot... and cold!

The temperature in apartments can REALLY fluctuate with the seasons, making for uncomfortable living.

Summer is great... unless you're sweltering in your apartment! Humidity = heat. If you can, plan your day differently to keep the heat at bay.

Avoid humidity!

- 1 Plan on doing things that cause moisture (like washing dishes, doing laundry, bathing and cooking) before noon or past 8 p.m.
- 2 Close the blinds before the sun pours in, which will keep out the midday heat. (And on sunny days in the winter, open them wide to heat apartments without turning up the thermostat)
- 3 Arrange your furniture so it doesn't block radiators or vents. When the air isn't blocked you get better heat in the winter and more air flow in the summer.
If your apartment comes with ceiling fans, try using it instead of air conditioning.



DID YOU KNOW?

Reversing direction on ceiling fans can help heat apartments by pushing warm air down.

EVEN MORE EASY SAVER TIPS

- 1 We've already mentioned dishwashers quite a bit, but here's another great tip. Use the coolest water possible to wash dishes so you don't waste energy on water heating. This tip applies when you're doing laundry too!
- 2 Only run the dishwasher and washing machine when they are full. This saves water and electricity. If you can't wait, use your machine's half-load setting (if that's an option).
- 3 Another fun fridge tip: don't leave the door open too long. The longer it's opened, the more energy is wasted.
- 4 Don't rinse your dishes before you load the dishwasher! Scraping off old food is much more efficient and effective.
- 5 There are a range of small appliances you might have at your disposal that use much less energy than an oven or stove. Besides using a slow cooker, you can also save energy and money by cooking in a microwave oven or toaster oven instead.
- 6 If you're cooking on the stove, keep a lid on your pots and pans. This helps keep in heat and can mean you use less energy as you cook your meal.
- 7 We'll admit that this tip is a little out there, but you can save a lot of water by displacing the water in your toilet tank. Take an old bottle, and fill it with a bit of water. Then stick that water bottle in the tank and voilà! Your toilet will use less water to fill up before you flush.
- 8 Whether your floors are tiled or made of wood, you can insulate your home in colder months using rugs! This way, you'll keep your home warm using less energy!
- 9 There are other design elements that can help keep your home at the right temperature. Make sure your curtains and furniture aren't blocking fans, ducts, heating registers, and cold-air return registers to keep air circulation effective.
- 10 Keep electrical appliances away from your thermostat! The heat from those appliances may affect your thermostat's performance.

WHAT'S GOOD FOR THE PLANET IS GOOD FOR YOUR WALLET!

The hard truth is that kids need to learn these simple, easy ways to save water, because it's THEIR kids that will suffer in 50 years when there is a serious water shortage everywhere.

And if you don't have kids at home you should still make smart choices to conserve water and energy, for the sake of the environment, and for everyone.

Practicing smart habits around our homes means we can ALL live better for years to come.

THANKS

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