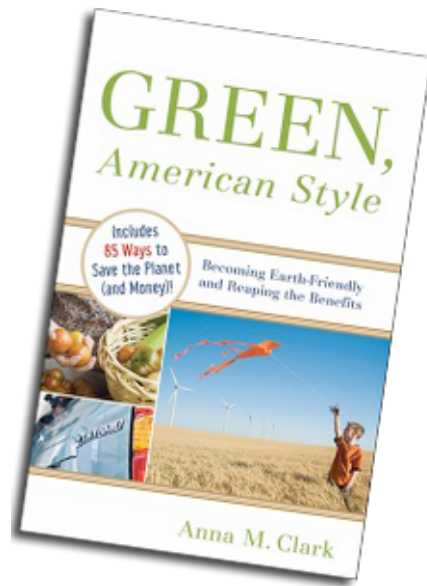


For 85 Ways to Save the Planet AND Money - \$7,000 for a family of 4 - check out my book *Green, American Style!*

For details, visit [www.AnnaMClark.com](http://www.AnnaMClark.com).



## Ten Ways to Save Green:

1. **Energy efficiency.** Turn out the lights, lower the thermostat, change your light bulbs, and using energy-saving technologies to reduce your bills by up to 40%. Install energy-efficient devices in your home. Get an energy audit to devise the optimal plan to save money in your home. Visit [www.energystar.gov](http://www.energystar.gov) for all the information.
2. **Use cleaner energy.** After you've done what you can to be energy efficient, utilize clean energy in your home. My family has used Green Mountain Energy for over a decade. Also, buyers of solar panels can earn a 30% federal tax credit.
3. **Use toxin-free materials in your home's interior.** The EPA estimates that dangerous pollutants such as volatile organic compounds (VOCs) in our indoor air are 2 to 5 times HIGHER than outside. For a safe interior, use no-VOC paints and natural floorings. For a toxin-free planet, use sustainably harvested bamboo or organic cotton sheets and towels. Green Living in Dallas [www.green-living.com](http://www.green-living.com) is your one-stop shop for green decor.
4. **Green your cleaning.** Try Shaklee's Get Clean products at [www.shaklee.com](http://www.shaklee.com) or Greening the Cleaning© from [www.imusranchfoods.com](http://www.imusranchfoods.com). For free recipes for do-it-yourself natural home cleaners, try [www.sustainlane.com](http://www.sustainlane.com).
5. **Reduce, reuse and recycle.** Visit [www.craigslist.org](http://www.craigslist.org), [www.freecycle.org](http://www.freecycle.org) or consignment stores for furniture and art.
6. **Prepare meals with less meat.** If every American reduced his/her meat consumption by just 10%, we would have enough grain left over to feed 60 million people! It's also healthier. Find tips on greener grocery shopping, eco-friendly wines, and many other resources in my book *Green, American Style*.
7. **Grow your own.** Fight the war against pesticides. Plant your own "victory garden" like First Lady Michelle Obama and enjoy fresh homegrown produce. One raised bed can yield fresh tomatoes for months! Visit [www.organicgardeningguru.com](http://www.organicgardeningguru.com) for free tips to get started.
8. **Buy from other green businesses.** Whenever possible, buy "Made in the USA" or fair trade labels. Check out the National Green Pages at [www.greenamerica.org](http://www.greenamerica.org) for eco-friendly businesses of every type. Also, for hundreds of reviews on green products, visit [www.sustainlane.com](http://www.sustainlane.com).
9. **Consume responsibly.** Think globally, act locally. Consume less, enjoy more. You can access tons of free resources to help you through the Center for the New American Dream. Visit [www.newdream.org](http://www.newdream.org).
10. **Connect with other eco-people!** For online activism and a virtual community of people who embrace healthy green living, join [www.care2.com](http://www.care2.com). Also, visit your local chapter of the Sierra Club for networking, education, and good green fun.