16 really easy ways to save money and the planet

Going about your daily life shouldn't cost the earth but going green needn't cost a fortune either.

In fact, there are lots of ways taking the environmentally friendly option could actually save you money, you know, while you save up for an electric car or a few solar panels for the roof or whatever.

To get you started, here are 15 easy ways to save money and the planet…

1. Make your own liquid soap

A hand soap dispenser is one of modern life's little luxuries. To reduce the number of plastic bottles going in the bin, get a couple of reusable dispensers and make your own. All you need is some castile soap and water – easy peasy!

Get the tutorial **here**. DIY Homemade Liquid Hand Soap - Live Simply

2. Stop using clingfilm

The chemicals in plastic are scary and the thought of wrapping food in it makes me decidedly uneasy. Avoid potentially harmful toxins, reduce the plastic you are sending to landfill and save a few quid too by using beeswax cotton wraps which can be used over and over again.

Or if you don't have the time, there are loads of premade options online

3. Buy second-hand

If you're looking for a unique outfit, want your home décor to stand out from the crowd or simply need some new utensils but don't want to spend a fortune, try searching second-hand and you might be surprised what you find. It will save you a packet too.

4. Freecycle

Think about everything you are throwing away and consider, could someone else make use of this? Old jam jars, stacks of newspapers, leftover fabric, a rusty bike – all of these things could be of use. By listing your old stuff on sites like Freegle and Freecycle you could make someone's day, save a load of stuff from landfill and save yourself a trip to the tip. Then, next time you need something, put a request in and see if you can find one for free.

5. Walk

Next time you are about to hop in the car, think about how far you are going and if you could actually walk it instead. It'll save you money on fuel, plus, with all the calories you are burning by going on foot, you might even be able to cancel your gym membership too!

6. Switch it off

Make sure all plug switches are off when they are not in use. It might only be costing you pennies but it soon adds up.

7. Join the library

Instead of forking out on new books, join the library and read until your heart's content for free!

8. Get a reusable water bottle

UK consumption of bottled water drinks rose 8.2% in 2015 to reach almost 3.3bn litres, at a cost of more than £2.5bn, according to food and drink consultancy, Zenith International. That's a lot of waste both in terms of money and plastic.

Buy a reusable bottle and fill it from the tap instead.

9. Get a reusable coffee cup

Earlier this year it was reported that **coffee chains were tricking people into thinking their cups are recyclable** – so avoid adding to the 7 million coffee cups heading to landfill each day by using a reusable cup. Most of the big chains offer a discount on your drink if you do so you'll save a little cash too.

10. Take an old bag shopping

With the new 5p carrier bag charge, it makes financial sense, as well as environmental, to bring a bag to the shops with you.

11. Eat less meat

Meat production leaves a big carbon footprint with beef being the biggest culprit. Meat is also one of the most expensive items on your shopping list. So it's a no-brainer that a vegetarian diet is eco and economical. But it doesn't have to be all or nothing – if you eat meat every day, why not join in with meat-free Monday? Cut back on meat more often and save a small fortune on groceries.

12. Write a meal plan

According to the Love Food Hate Waste campaign, the average family could save **£700** a year, simply by throwing away less food. You can get tips on planning your meals in advance on their **website** as well as loads more info on making your food go further.

https://www.lovefoodhatewaste.com/

13. Repair

Put a stop to the throw-away generation and get fixing instead. If you lack the know-how to do it yourself, try getting things repaired.

Remember we have our own Sidmouth repair café too https://www.facebook.com/sidmouthrepaircafe/

14. Save water

According to the Waterwise Project, reducing the amount of water that goes to waste at home helps protect the wildlife that lives in rivers and wetlands, while cutting the energy needed for treating and pumping water for domestic use. And, of course, those of us with a water meter can save money too. They have lots of suggestions on how to cut your water usage on their **website** from turning off the tap while you brush your teeth to using a waterbutt in the garden.

Waterwise

15. Chemical-free cleaning

Help reduce the amount of chemicals in your home by making your own multipurpose cleaner from all natural ingredients – all you need is white vinegar, baking soda, tea tree or eucalyptus essential oil and water. Get [the tutorial here](#) :-.

[Homemade All-Purpose Chemical Free Cleaner | Everyday Roots](#)

16. Delete unneeded Cloud storage

Saving items to the Cloud costs large amounts of energy globally to support servers.

Where you can check social media settings or delete photographs or documents that are unneeded.