

# Eco-Friendly Habits that will Save You Money

## How can you be kinder to yourself and the planet?

With the start of the new year, we should all resolve to be healthier and more eco-friendly. These small changes to your daily routine can reduce your impact on the environment while saving money and creating a healthier lifestyle.

- Get some plants for your office and for your home. One [study showed](#) that [office plants](#) make you 15% more productive. [Another study](#) discovered that having plants in your home could reduce anxiety by 37%, depression by 58% and fatigue by 38%.
- Walk to work at least once a week. [Walking just 30 minutes](#) a day can have an incredible effect on your health by reducing blood pressure, and the risk of stroke and cardiovascular disease. Walking to work reduces your carbon footprint and saves money on transportation fees.
- Stop drinking bottled water. It takes a lot of oil to produce a plastic water bottle which only starts composting after [700 years](#). The carbon footprint of producing and filling the plastic bottle, transporting it to the store, recycling it or putting it in the landfill means your bottle of water has a huge impact on the environment. Get a filter instead and drink tap water and save yourself up to [\\$1,400 a year](#).
- Adding a few vegetarian meals to your diet every week is good for your health, the environment and for saving money. Beef production alone accounts for [18% of greenhouse gas emissions](#). A [study](#) by the Harvard School of Public Health showed that people who ate red meat had a shorter life span and were more prone to cancer and cardiovascular disease.
- Paper waste, including paper towels and napkins, accounts for around [25% of landfill waste](#). Paper towel production requires a lot of water and chlorine which releases very toxic dioxins into the environment. It also results in deforestation and is the leading cause of freshwater wetland loss. Instead, switch to cloth wipes and fabric napkins which can be washed and reused to save money and be a little kinder to the environment.
- Over [1 million plastic bags](#) end up in the landfill every minute. You can cut the production impact and environmental cost of plastic bags and save money by bringing reusable bags with you on your shopping trips.
- Even when you aren't using them, your electrical appliances are [drawing energy](#) that can account for up to [10% of your energy bill](#). You can turn off your appliances, or get smart power bars with timers that will turn off appliances when you're not home. See if you qualify for a [power bar coupon](#).
- Detox your home and office by ditching your chemical cleaners. [Studies show](#) that cleaning products and air fresheners are packed with carcinogens that cause everything from asthma to cancer. Making your [own cleaning products](#) and [air fresheners](#) not only saves you money, it also creates a healthier environment for you to live and work in.

---

Source URL (modified on 02/02/2017 - 13:50):

<http://ecoliving.scotiabank.com/eco-friendly-habits-will-save-you-money/1466>