

10 Easy and Inexpensive Ways to Go Green

1. Change your light bulbs to Compact Fluorescent bulbs (CFL's)

They can be purchased from Scotty's and Ace Hardware; Walmart has package of (6) 75-watt bulbs for around \$15; Target has 2-packs of GE bulbs for \$7. They last 8 years each!



2. Use reusable shopping bags

Buy them at Publix or Target for \$1— Target offers a 5 cent rebate for each one you use; Whole Foods offers between 5 and 25 cents each time you use a reusable bag



3. Don't buy bottled water

Buy stainless steel water bottles at Whole Foods, Target, Walmart for between \$5 and \$20. Buy a tap filter or filtering pitcher at Publix or Target for between \$15 and \$35.



4. Take the bus, ride your bike or walk

Find the Sarasota bus routes here: www.scgov.net/SCAT/Schedules.asp
Download Sarasota bicycle route map here: www.bikewalklive.org/projects.html



5. Buy a clothes drying rack or erect a clothesline

Find drying racks at Target for \$15-20. You can also buy a retractable clothesline online or at your local hardware store for about \$20.



6. Eat less meat

Find great meatless recipes at www.vegcooking.com and other similar websites.



7. Recycle everything

Try www.craigslist.com for getting rid of items. Call your local Goodwill or Salvation Army. If you have furniture, the Salvation Army will pick it up. Check your local recycling rules.



8. Buy used

Visit your local thrift stores for bargains, along with Goodwill and Salvation Army stores. Use www.craigslist.com and www.ebay.com to find unique items



9. Use aerators and low-flow shower heads

Buy them at Target or Walmart. Low-flow faucet aerators usually cost \$5 -\$10. Low-flow shower heads range from \$8 - \$50 depending on the features.



10. Buy locally grown food

The downtown Sarasota Farmer's Market runs each Saturday from 7 am—1 pm rain or shine. Jessica's Stand, located at 4180 47th Street is open Fridays and Saturdays.



Find more information on going green at TrueGreenBliss.com