Reduce, Reuse and Recycle to Save Money

Reduce Energy Costs

- Do a home-energy audit.
- Opt for ENERGY STAR appliances.
- Switch to energy-efficient LED lightbulbs.
- Wash clothes using cold water.
- Use a programmable thermostat.

- Run dishwashers, washers and dryers at night.
- Seal air leaks in windows, doors and attic ceilings.
- Fix faucet and showerhead leaks.
- Unplug appliances when not in use.

A showerhead that leaks 10 drips per minute can waste more than 500 gallons of water a year.1



Recycle Items

- ✓ Reuse condiment jars for storage.
- ✓ Reuse cereal box liner bags to store, marinate or mix ingredients.
- ✓ Start seeds using old egg cartons.
- ✓ Cut up old t-shirts for rags.
- Donate items to your favorite charity or Facebook groups, Nextdoor or Freecycle.

Alternatives to Grass

Using an alternative to grass, such as mulch or rocks. reduces water consumption and runoff from fertilizer and pesticides.



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Save Money in the Kitchen

- Buy from a Community Supported Agriculture (CSA) farm or a local farmers market.
- Purchase only what you need for a day or two when grocery shopping.
- Use leftover scraps for soup bases.
- Freeze leftover herbs with olive oil.
- Compost food scraps, paper towels, cooked rice and cooked pasta.
- Switch to reusable coffee filters.
- Instead of tea bags, try tea crystals or use loose-leaf tea and a tea infuser.

It is estimated that the average American family of four spends \$1,600 on food that gets thrown out each year.²

Sources: 1. ionsolar.com/20-ways-to-make-your-home-more-eco-friendly 2. rts.com/resources/guides/food-waste-america

Have questions about the market? I'm here to offer clear, concise information you can trust. Feel free to contact me and I will answer any questions you may have.

Exclusive Offer from The McDowell Team

Now is a great time to freshen up your yard & Farmington Gardens is here for your landscaping needs!

Farmington Gardens is a family owned garden center in the Willamette Valley. Established in 1994, they offer a wide range of annuals, perennials, shrubs and trees, many of which they grow themselves on the growing fields surrounding the nursery.

Bring this with you anytime in the month of May or June 2023 and enjoy 10% off your purchase at either of the two Farmington Gardens locations!

*Coupon Expires Thursday, 06/30/23. Cannot be combined with any other offer. Discount not valid on special orders, deliveries, installation services, bulk soils, or gift certificates

Main Location:

21815 SW Farmington Rd Beaverton, OR 97007 (503) 649-4568 Open Daily: 9AM - 6PM



Hillsboro Location:

466 SE Baseline Ave Hillsboro, OR 97123 (971) 470-3764 Open Daily: 9AM - 6PM