

Ways to Limit Consumption

Auto	Carpool for one month and donate the gas savings.
Auto	Choose to drive your current car to its end rather than replacing it with a newer model.
Auto	If you own a vehicle that is rarely used or can share a vehicle with your spouse, sell the extra vehicle. Donate the insurance savings for one month, or donate a portion of the sale price of the vehicle.
Children	Buy gently-used baby gear and like new baby clothes at garage sales. Donate a portion of your savings.
Children	Serve Kool-Aid or sweetened herbal iced tea instead of soda for a month.
Children	Hold a family or neighborhood garage sale. Donate a portion of your sales to feed starving children.
Children	Teach school children to pack their own lunches for a month and donate the cost of school lunches feed starving children.
Clothes	Go “saling” (garage or rummage sales) for amazing prices on gently used items.
Clothes	Shop off season to take advantage of those amazing end-of-season clearance sales, then donate a portion of your savings.
Entertainment	Cancel subscriptions for magazines you really don’t read. Donate the portion of used subscription.
Entertainment	Cut back or cancel your newspaper subscription for one month. Donate the savings.
Entertainment	When you go to the theater, choose a less expensive matinee rather than an evening show.
Entertainment	Skip the theater popcorn and snacks.
Entertainment	Rent a movie instead of going to the theater.
Entertainment	Rent movies from a Red Box dispenser at most grocery stores for \$1.00 a day. Donate the savings from renting from a name brand rental store.
Entertainment	Rent movies from your local library for little or no cost.
Entertainment	Downgrade your cable package for one month.
Exercise	Choose walking or biking instead of the gym for one month.
Exercise	For the cost of the few months’ membership you can buy your own equipment and workout at home.
Golf	Carry your own golf bag and donate the price of the golf cart rental.
Golf	Play nine holes rather than eighteen holes.
Golf	Hit a few buckets of balls rather than playing a full round of golf.
Golf	Golf at a less expensive club (or give up golf for a month.)
Grocery	Clip coupons for one month and donate the savings.
Grocery	Switch to filtered tap water instead of bottled water.
Pet	Skip one grooming or bath/trim your dog yourself.
Pet	Switch from canned to dry pet food. Healthier, cheaper and no cans to throw away!
Restaurants	Bring home leftovers for tomorrow’s lunch.
Restaurants	Bring sack lunch to work rather than eating out.
Restaurants	Give up eating out for one month/week.
Restaurants	If portions are oversized, order an appetizer as your main dish.
Restaurants	Split an entrée between two people.
Restaurants	Pick up your pizza instead of having it delivered and donated the tip and delivery charge.
Restaurants	Choose a self-serve restaurant and donate the price of a tip.
Restaurants	Skip dessert.
Restaurants	Skip the beverage, drink water instead.
Travel	For one night of your trip stay with friends or relatives rather than renting a hotel. Donate the hotel cost.
Travel	Downgrade your rental car. Donate the price difference.
Yard Care	Mow your own lawn for a month.