



Earth Love Month

Day 25: Spend Zero on non-essentials for a month

An average US household generates 2,900 lbs of waste annually with roughly 1,600 lbs going to the landfill. Nearly 40% of food ends up being thrown away. Meanwhile Americans are plagued with financial debt and clutter.

It seems that we are stuck in the cycle of consumerism where we buy things we don't truly need and can't really afford only to spend time and money later on trying to manage it all.

The Solution: commit to spending ZERO on non-essentials for a period of 31 days. Impossible? Not at all! Check out this guided tutorial [31 Days of Living Well and Spending Zero](#) from Living Well and Spending Less.

This month-long program is surprisingly easy to follow and you get to set your own rules about what expenses are considered "essential". The basic premises of the program are to 1) use what you have; 2) make do without; and/or 3) substitute.

Why its good for you:

- Save money! (Depending on your budget and income you can save a lot)
- Eliminate clutter
- Get super organized
- Get your creative juices flowing

Why its good for the environment: Eliminate waste in the form of spoiled food, packaging, gas, and buying unnecessary objects that end up in the landfill.

