



## Ideas for Simplifying

*Need help taking the first step of the Overflow Challenge? Here are several ways you can simplify your life.*

### Food and Drink

- Go out to eat less often.
  - If you normally meet friends out for meals, invite them over to your home for a special meal or potluck instead.
  - Pack your own lunch. (Use leftovers when you can!)
  - Give up Happy Hour.
- Give up unnecessary liquids - soda, coffee, alcohol, tea, bottled water - and drink only tap water.
- Make coffee and tea at home, rather than buying out.
- Simplify your groceries:
  - Cook from your pantry.
  - Reduce your grocery budget.
  - Give up meat.
  - Substitute a meal every day or week for rice and beans.
  - Use a list when going to the store.
  - Buy from a farmer's market.
  - Use leftovers.
  - Give up candy and/or extra snacks.

### Entertainment

- Stop buying cable.
- Stop buying internet. (Use free internet at libraries and cafes.)
- Give up Netflix, Hulu Plus or Redbox. Rent movies for free at your local library, or play interactive games instead!
- Rent a movie instead of going out to the movies.
- Play a sport or watch a game at home instead of paying to attend a sporting event.
- Borrow books from your library or friends instead of buying new ones.
- Listen to your current music selection instead of adding to it.

## Transportation

- Use public transportation, carpool or bike.
- Walk when applicable.
- Bundle errands to reduce trips.
- Stay closer to home for entertainment and fun.

## Household

- Make your own cleaners and/or laundry detergent.
- Use coupons.
- Stick to a budget.
- Use cash more, credit cards less.
- Clean out extra stuff - clothes, decor, toys, books, media, etc. - and host a garage/yard sale.
- Plant a garden.
- Lower your thermostat.
- Have a clothing swap instead of buying new items.
- Make cards and gifts.
- Use reusable grocery bags and containers.
- Do easy tasks yourself instead of hiring them out.
- Exercise outside instead of using a gym membership.
- Reduce your water consumption:
  - Reduce length of showers.
  - Turn off water when brushing your teeth.
  - Turn off water when washing dishes.
  - Use leftover water to water plants.
  - Bring a reusable bottle of water with you when you're out.

## Ways to save \$1-\$2 at a time

- Drip coffee
- Bottled water
- Cup of tea
- Double cheeseburger
- Doughnut
- Two tacos
- Lottery ticket
- Ramen noodles
- Bagel
- Churro at Costco
- Half-gallon of gas
- Candy bar
- DVD rental at Redbox
- Half-hour of parking
- Balloon
- Fountain soda
- Newspaper
- Frozen Totino's personal pizza
- Wrapping paper
- Toothbrush
- Pencils
- Dog biscuits
- Macaroni & cheese
- Microwave popcorn
- Coffee mug at the dollar store
- Gumballs
- Cookie
- iTunes download
- Medium french fries
- Pint of fried rice

## Ideas for Families with Kids

- Give up a special treat:
  - Ice cream
  - Candy
  - Sugary drinks
  - Last-minute purchases at the checkout
- Simplify their toys:
  - Give them away.
  - Host an exchange with friends.
  - Have a yard sale.
- Utilize free:
  - Go to parks instead of pay-to-play places.
  - Use the library for movies and books instead of Amazon or Redbox or iTunes.
  - Walk to run errands if applicable.
  - Have a playdate at home instead of meeting for a treat or going to the store.
  - Stay home to save on gas.