



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

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

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.