Going Green

Podcast Transcript

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There's a lot of talk about going green these days, but what does it all mean? Many people assume that going green is too difficult or expensive to bother with, but there are a lot of easy things you can do to save money and help the planet at the same time.

For starters, you and your family should find ways to cut down on the driving you do. Carpool to games, practices, school, and work as much as possible.

Learn about your town's recycling program. Find out what items you can recycle and when the pick-ups are. Then, put some recycling bins in an easy to reach location and give your family a mini-lesson.

You can also encourage your family to turn off lights when they leave a room and to unplug their cell phone chargers and computers when they leave the house. You'd be amazed at how much energy this saves.

Consider buying reusable bags for your shopping. Reusable bags are cheap, around a dollar a piece, and you can get a discount each time you use them. You can also make your family's lunches eco-friendly by replacing the plastic baggies with reusable containers for sandwiches, chips, and drinks.

Finally, skip bottled water as much as you can. Invest in reusable water bottles for the entire family. If you're a coffee drinker, bring a reusable travel mug to work. Even if you buy coffee every day, give them your mug to use—usually they'll give you a discount!

Most importantly, do what works. Find a balance that's right for you and your family and go with it.

For more information on going green, check out Military Youth on the Move's "Just for Parents" section at http://apps.militaryonesource.mil/MYOM. Our website has a ton of great information and resources for all your parenting concerns like moving with your kids, saving for college, keeping your kids safe on the Internet, and much more.

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For more information, visit Military OneSource at http://www.militaryonesource.mil, an official Department of Defense website.