

# **Saving Money and the Earth, While Living a Life of Abundance**

**By Ann Kearney**

**Helpful guide to starting your own compost:**

<https://www.npr.org/2020/04/07/828918397/how-to-compost-at-home>

**Thrift and consignment stores:**

<https://www.savers.com/>

<https://www.goodwill.org/>

<https://www.habitat.org/restores>

<https://www.onceuponachild.com/home>

<https://wornwear.patagonia.com/>

**Paper towel replacement:**

<https://threebluebirds.com/collections/botanicals/products/columbine-swedish-dishcloth>

**Reusable water bottles and containers:**

<https://www.hydroflask.com/>

<https://www.kleankanteen.com/>

<https://packagefreeshop.com/products/airtight-stainless-steel-containers?variant=33065978691681>

**Menstrual products:**

<https://divacup.com/>

<https://store.lunette.com/>

<https://www.mooncup.co.uk/blog/how-to-choose-the-best-menstrual-cup-for-you/>

<https://www.organicup.com/product/organicup/>

<https://gladrags.com/>

<https://www.shethinx.com/>

### **Where to get bees wraps:**

[Beeswrap.com](https://www.beeswrap.com)

<https://www.thespruceeats.com/best-beeswax-wrap-4843690>

### **Furoshiki:**

<https://blog.spoonflower.com/2019/11/6-ways-to-wrap-a-gift-with-furoshiki/>

### **Laundry:**

<https://www.naturolife.com/soapnuts/>

<https://www.realsimple.com/home-organizing/cleaning/laundry/best-dryer-balls>

### **US National Park Pass:**

<https://www.nps.gov/planyourvisit/passes.htm>

### **Travel:**

<https://www.hiusa.org/>

<https://www.airbnb.com/>

<https://harvesthosts.com/>

## **Dream board resources:**

Dream board templates:

<https://www.canva.com/photo-collages/templates/>

Free non copyrighted images for your dream board:

<https://unsplash.com/>

1. Pick out pictures that reflect your aspirations and download them onto your device.
2. Using the website provided above, pick out a template for your dream board which you think will work best (and feel free to try different templates so you can find one that fits your images).
3. Once you have a template, upload your pictures to it and arrange them how you feel is best.
4. Don't forget to download your dream board once it's created, so you have it saved and can print it out if you'd like.

Thank you so much for coming to my class, please feel free to reach out with any additional questions or comments.

## **Contact:**

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