



Extension challenges you to save in the kitchen

As you think of ways to use less and spend wisely this holiday season, look no further than your own kitchen. You can use this room in many ways to use less, spend wisely, and create more priceless moments with your family and friends.

Participate in the University of Kentucky Extension Service's Use Less, Spend Wi\$e Holiday Challenge to identify your useless spending habits. By curbing your consumption, you help your wallet as well as benefitting the environment. In addition to saving money and using less, you can complete challenge activities to earn a useful prize! The first 200 participants to share their success through an online survey will receive an insulated lunch tote to help save money by packing meals on the go.

Speaking of packing your lunch, that is one way to spend wisely. Extension challenges you to **pack your lunch** at least three days in a week. Value your wallet by avoiding those drive-thru value meals. At \$7 a meal, you will have \$21 more for holiday purchases later! Don't forget to pack a beverage. At \$3 to \$5 per cup, you'll save a "latte" if you **brew your coffee at home** for a week.

Another kitchen challenge to help you spend wisely is to **shop your pantry**. Inventory your freezer and pantry. Then make a weekly meal plan that uses what you already have on hand rather than buying more groceries. You might even be able to try something new with ingredients you already have in your pantry. Try a Plate It Up! Kentucky Proud recipe at <https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>, find a recipe online or in a cookbook you already own, or invent something new!

Maybe you're looking to use less, either to help the environment or to reduce consumption. **Bring a reusable water bottle** or cup when you leave home. Bottled water, sodas, and to-go beverages create waste for the environment as well as your wallet. According to Harvard University, the life cycle of bottled water uses fossil fuels, contributes to global warming, and causes pollution – in addition to being more expensive than tap water. Another challenge is to **ditch the disposables**. See if you can go a whole day without using paper plates, napkins, plastic baggies, straws, plastic cutlery, and more. Instead, choose items you can wash and reuse.

Participating in the challenge can also help you capture more priceless moments this holiday season. You can bring that human connection into your kitchen or dining room through **digital dining**. Share a meal or meal prep over a virtual connection platform. For even more fun, coordinate your recipes, so both groups are enjoying the same meal. This way you can still have the shared experience while keeping physical or social distance.

To participate in the Use Less, Spend Wi\$e Holiday Challenge, complete any six or more activities from the challenge grid. Share your success by the survey link at www.facebook.com/MoneyWise. The

deadline to enter is 11:59 p.m. Eastern time on Nov. 19, National Use Less Stuff Day. Share the fun by posting a photo on Facebook or Instagram of yourself participating in a challenge activity with #UseLessSpendWise.

Reference

Harvard University. "Top Three Reasons to Avoid Bottled Water." (Retrieved Sept. 10, 2020) <https://green.harvard.edu/tools-resources/green-tip/reasons-avoid-bottled-water>.

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