



“GET MONEY
SMART”
PRESENTATION

SUSTAINABLE
BUDGETING

MEET THE PRESENTERS



KAROLINA SCHNEIDER
Associate Professor of
Management



KIM ULRICH
Associate Professor of
Accounting

ABOUT US

We are two faculty members, no experts by any means, that are environmentally conscious, sincere and passionate about green resolutions. We share a rather pragmatic approach to sustainability, balancing 'doing good' while considering market realities and believing that small changes can make a big impact.

WHY BUDGET?

BUDGET

We “budget” because we nearly always have limited financial resources and multiple demands on those resources that exceed actual cash or assets available to us.

SUSTAINABLE BUDGET

Sustainable “smart” budgeting is applying environmentally conscious habits to the way we budget and manage our finances. This approach of budgeting aims to provide individuals or decision makers, with a clearer sense of the potential environmental impacts of their budgeting choices¹.

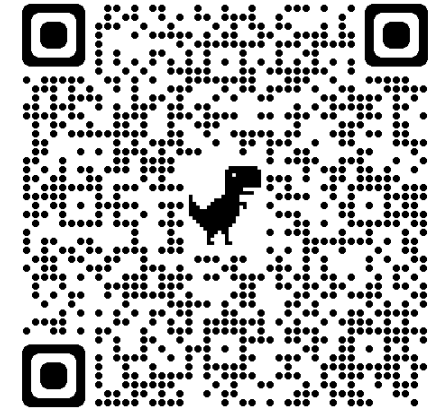
“YOU CAN'T MANAGE WHAT
YOU DON'T MEASURE.”
– PETER DRUCKER

College Student Budget Template				
Funds details		Details of Student		
Opening Balance	-	Name of the Student	-	
Total Income	-	College Name	-	
Total Expenses	-	Semester No	-	
Balance	-	Number of months in a	3	
S.No.	Particulars	Actual Amount (in \$)	Budgeted Expenses (in \$)	Variance (in \$)
Income /Funds Received during the period				
1	Contribution by Parents	-	-	-
2	Scholarship amount received	-	-	-
3	Income from Part time Job	-	-	-
4	Financial Aid	-	-	-
5	Student Loan	-	-	-
6	Other Income	-	-	-
(A)	Total Income	-	-	-
Fixed Expenses incurred during the period				
1	Accommodation Expenses	-	-	-
2	Tuition Fees	-	-	-
3	Telephone Expenses	-	-	-
4	Transportation Expenses	-	-	-
5	Library Fees	-	-	-
6	Loan Repayment	-	-	-
9	Fix meal plan	-	-	-
10	Utilities Expenses	-	-	-
11	Membership subscription Fees	-	-	-
12	Other Fixed Expenses	-	-	-
(B)	Total Fixed Expenses	-	-	-
Variable Expenses incurred during the period				
1	Books Expenses	-	-	-
2	Grocery Expenses	-	-	-
3	Entertainment Expenses	-	-	-
4	Shopping Expenses	-	-	-
5	Travelling Expenses	-	-	-
6	Dinning Expenses	-	-	-
7	Other Variable Expenses	-	-	-
(C)	Total Variable Expenses	-	-	-
(D)	Total Expenses (B + C)	-	-	-
(E)	Total Balance during the period (A - D)	-	-	-



IDEAS TO CONSIDER

- 1) Savings
- 2) Entertainment
- 3) Make recipes that can stretch 3 days
- 4) Reduce waste all together
- 5) Carpooling
- 6) Measure what you do now. Pay attention. See what you need to do differently.



FAST FASHION STATS

\$34B

Pounds of waste
In used textiles in US [alone](#)

1S

1 Dump Truck
full of clothes ends up on the
landfill site

1%

Of used clothing
Gets recycled into new
garments





SUGGESTIONS

“BUY LESS, CHOOSE WELL.”

—

VIVIENNE WESTWOOD, FASHION DESIGNER

BUY USED

- Thread Up/Poshmark
- FaceBook Marketplace
- Local Buy/Sell Groups
- Any Others?

"SMART" FOOD SHOPPING

- Reduce meat intake. Some vegetarians who have cut out meat altogether report saving nearly \$1,000 per year. ([University of Oxford](#))
- Buy dry goods in bulk
- Take advantage of sales ([see app: FLIPP](#))
- Buy frozen instead of fresh vegetables
- Create a meal plan and shopping list before going to the grocery store ([YUMMLY](#)).

STATS BY FEEDING AMERICA

119B

Pounds of food gets wasted in US each year.

40%

Of all food in America is wasted.

\$408B

In food thrown away each year





MORE SUGGESTIONS

CHOOSE RESPONSIBLE YET AFFORDABLE RETAILERS

Grocers: Trader Joe's

Aldi

Costco

SAM's

Fashion: Quince

Veja

TAX CREDITS

Purchases of products
designed for energy efficiency.

REPAIR AND REPURPOSE

Repurposing everyday
products is a green way to
save money

“There is no such thing as ‘away’. When we throw
anything away it must go somewhere.”

– **Annie Leonard, Proponent of Sustainability**

SUMMARY

“To do good, you actually have to do something.”
— Yvon Chouinard

“We do not inherit the Earth from our ancestors; we
borrow it from our children.”
– Native American Proverb

QUESTIONS OR
OTHER
SUGGESTIONS?

Dr. Karolina Schneider
Kschneider@lindenwood.edu

Dr. Kimberly Ulrich
Kulrich@lindenwood.edu



SOURCES

FOOD WASTE AND FOOD RESCUE. FEEDING AMERICA. (N.D.). RETRIEVED APRIL 18, 2023, FROM [HTTPS://WWW.FEEDINGAMERICA.ORG/OUR-WORK/REDUCE-FOOD-WASTE# :~:TEXT=SHOCKINGLY%2C%20NEARLY%2040%25%20OF%20ALL,BILLION%20POUNDS%20OF%20FOOD%20WASTE](https://www.feedingamerica.org/our-work/reduce-food-waste#:~:text=shockingly%2C%20nearly%2040%25%20of%20all,billion%20pounds%20of%20food%20waste)

GREEN BUDGETING FRAMEWORK HIGHLIGHTS - OECD. (N.D.). RETRIEVED APRIL 18, 2023, FROM [HTTPS://WWW.OECD.ORG/ENVIRONMENT/GREEN-BUDGETING/OECD-GREEN-BUDGETING-FRAMEWORK-HIGHLIGHTS.PDF](https://www.oecd.org/environment/green-budgeting/oecd-green-budgeting-framework-highlights.pdf)

HARMONY. (2020, SEPTEMBER 14). *12 RECYCLING AND SUSTAINABILITY QUOTES TO INSPIRE KINDNESS TO OUR EARTH*. HARMONY. RETRIEVED APRIL 18, 2023, FROM [HTTPS://HARMONY1.COM/RECYCLING-SUSTAINABILITY-QUOTES/](https://harmony1.com/recycling-sustainability-quotes/)

HARVEY, B. (2022, MAY 24). *33 BEST YVON CHOUINARD QUOTES ON ADVENTURE, BUSINESS, & EARTH*. GOOD GOOD GOOD. RETRIEVED APRIL 18, 2023, FROM [HTTPS://WWW.GOODGOODGOOD.CO/ARTICLES/YVON-CHOUINARD-QUOTES](https://www.goodgoodgood.co/articles/yvon-chouinard-quotes)

IGINI, M. (2023, FEBRUARY 17). *10 CONCERNING FAST FASHION WASTE STATISTICS*. EARTH.ORG. RETRIEVED APRIL 18, 2023, FROM [HTTPS://EARTH.ORG/STATISTICS-ABOUT-FAST-FASHION-WASTE/](https://earth.org/statistics-about-fast-fashion-waste/)

VEGGIE-BASED DIETS COULD SAVE 8 MILLION LIVES BY 2050 AND CUT GLOBAL. UNIVERSITY OF OXFORD. (N.D.). RETRIEVED APRIL 18, 2023, FROM [HTTPS://WWW.OX.AC.UK/NEWS/2016-03-22-VEGGIE-BASED-DIETS-COULD-SAVE-8-MILLION-LIVES-2050-AND-CUT-GLOBAL-WARMING](https://www.ox.ac.uk/news/2016-03-22-veggie-based-diets-could-save-8-million-lives-2050-and-cut-global-warming)

