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THE BETTER LIVING SHOW OFFERS TIPS FOR SAVING MONEY WHILE GOING GREEN
Learn how to live sustainably, save money during the Northwest's Largest Sustainable Lifestyle Show

PORTLAND, Ore. – March 19, 2009 – The Energy Trust Better Living Show will give attendees the tools to make their lives more sustainable, while also saving money. The show offers free seminars, deals on products and free entertainment, which will inspire show attendees to live a more sustainable life.

For a list of all deals offered at the Better Living Show, check out the show's Stimulus Package:
<http://www.betterlivingshow.org/StimulusPackage.asp>.

1. **Free Entry:** The Better Living Show is free to all attendees! This is the only time during the year where all these sustainable, earth-friendly options are all together, in one place.
2. **Spring Break Entertainment:** March 27-29 is Spring Break for most schools, and the show provides a weekend of free entertainment for children in the Planet Kids area, sponsored by Portland General Electric. Here, kids can listen to stories inside a salmon-shaped tent, can learn how to make a pinwheel, put on tattoos with Larry the Lightbulb and dissect a salmon.
3. **Warehouse Fashion Sale:** Greenloop, a local clothing retailer, will sell their sustainable fashions at deep discounts during the show. In addition, there will be a nightly fashion event, showcasing sustainable clothing, makeup and hair products. Show-goers can also enter to win a personal makeover at the show.
4. **Energy Trust Good Energy House:** The 1,100-square-foot energy-efficient, solar home showcases improvements that can shrink your energy costs and your carbon footprint, including an energy-efficient home office; high-efficiency lighting, appliances, windows and electronics; solar electric and solar water heating systems; and more. In addition, show-goers can sign up for Energy Trust's Home Energy Makeover Contest for a chance to win \$25,000 in energy-saving improvements.
5. **Green Jobs Fair:** In addition to saving money, the Better Living Show will also provide a place for job seekers to find a way to make money. Sponsored by Clean Edge, companies

such as Portland General Electric, Umpqua Bank, Vestas and more will all be on-site to meet with job seekers.

6. **Free Recycling:** Attendees can bring Styrofoam, electronics, car seats and more to the show's Recycling Plaza in the Portland Expo Center parking lot.
7. **More than 135 Hours of Free Seminars, Workshops & Activities:** During these free sessions, attendees will hear about year-round vegetable gardening in the Northwest, taste creations by top chefs in the area during cooking demonstrations, and learn which federal tax credits they would receive for making energy efficient home improvements. Seminars will be held on the NW Natural Kitchen Stage, on the Sustainable Life Stage and also during Oregon State University's Seminar Series.
8. **Gardens Gone Wild:** Admire four elaborate gardens, which incorporate native plants and edibles, like tomatoes, berries and lemon cucumbers, to save money on the grocery bill. Also, learn how to create a rain garden that captures runoff from rooftops and driveways, then filters the water and uses it to hydrate the garden.
9. **Eco-tini Lounge:** Come out to enjoy Happy Hour! On Friday and Saturday from 4-7 p.m., enjoy \$4 plates and fabulous "green" libations! Also, try 360 Vodka, the world's first eco luxury vodka, while taking in free entertainment on the Sustainable Life Stage, such as short films from Global Oneness or a Bright Lights discussion from Portland Spaces.
10. **Urban Chickens:** Learn proper care, nutrition and housing for chickens within and outside city limits. A flock of chickens will help grocery costs, by producing fresh, nutritious eggs.

About The Energy Trust Better Living Show

Free and open to the public, The Energy Trust Better Living Show, the Northwest's largest sustainable lifestyle show, takes place Friday, March 27 from noon – 9 p.m.; Saturday, March 28 from 11 a.m. – 9 p.m.; and Sunday, March 29 from 11 a.m. – 5 p.m. at the Portland Expo Center. The Better Living Show is designed to empower attendees to become more thoughtful consumers and lessen their impact on the environment by learning about sustainable, healthy and practical lifestyle products and services. For more information, visit www.betterlivingshow.org.

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