

NEWS BREAK

Article: **A no buy year**

Section: **At Home in the NW, F8**

Sunday's News Break selects an article from **Sunday, January 26, 2025**, of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

****Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for your students.***

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will learn about the current movement to buy nothing, or drastically limit spending. They will discuss important topics aligning with a buying less movement and using what you have to barter and share with others in your community.

Pre-Reading Discussion:



- What do you think the article will be about, using these pictures?
- Are there any clues? What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using *context clues*? A **context clue** is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

The “No Buy Year” challenge is gaining **momentum**.

Momentum Guess:

Momentum Definition:

Comprehension Questions:

1. A new year offers a fresh start, and for many, the goal to do what?
2. Driven by a desire to save money, protect the planet, downsize and sometimes all of the above, many are buying less and some are buying _____ at all.
3. Trading is simple — bring what you have and take what you _____.
4. For some, this means committing to not buying anything new for the year, sticking to what?
5. Others are shopping their own pantries and trading within the community to meet their _____.
6. As a founder of the Seattle Zero Waste Facebook group, she tries to live “in a way that creates as close to _____ or impact on the planet as I can.”
7. Strickland says it’s hard to do sometimes, “because we don’t have an economy that supports it,” but she tries to think about what?
8. Protecting the environment is a primary goal, but saving money is a happy _____.
9. Gretchen Lindsay and Hongyee Hoang are part of a monthlong pantry challenge with the Kitsap Garden & Homestead Trade Facebook group. The goal is to do what?
10. Lindsay shared fresh eggs from her chickens and herbs from her greenhouse and left with what?
11. Group members generally plant and grow their own food and raise animals like backyard chickens. Hoang describes it as modern _____.
12. They are working toward _____, which can be hard with full-time jobs.
13. In addition to the pantry challenge, the group also hosts what?

Class Discussion Questions:

- What surprised (or stood out to) you in the article?
- At first, I thought _____, but now I think _____?
- What things did you already know from prior experience?
- What if most Americans decided to buy nothing for themselves or their home this year, besides the basic rent, utilities, food, etc.?

The couple only spent money on basic needs like food and toiletries, and even those were strictly budgeted. "We absolutely could not buy things purely for convenience," she says. "It was exhausting but exhilarating, Aker says.

- Why would this method of strict budgeting feel exhilarating?

"There's something hopeful about realizing what you can do with what you have," Lindsay says. "It's easy to fall into that 'buy now' culture we have and this idea that we deserve everything now, for cheap, that's not accessible or sustainable. Sometimes you've got to take that step back."

- Do you agree or disagree with Lindsay's quote?
- Are the majority of Americans in a "buy now" culture? Why do you think that is?

Personal Reflection & Motivation:

1. What are your initial reactions to the idea of a "No Buy" or "Low Buy" year? Does it seem feasible or restrictive? Why?
2. The article mentions several motivations for reducing spending, including saving money, environmental concerns, and downsizing. Which of these resonate most with you, and why? Are there other motivators you would add?
3. Have you ever attempted a similar challenge, even on a smaller scale? What were your experiences, challenges, and successes?

Community & Sharing:

6. The article emphasizes the importance of community support, like through Buy Nothing groups and trading networks. How crucial do you think community is to the success of a "No Buy" approach? Why?
7. Have you participated in any economic sharing initiatives (e.g., borrowing tools, clothing swaps)? What were your experiences? What are the benefits and drawbacks of this type of sharing?
8. The Kitsap Garden & Homestead Trade group's pantry challenge highlights the potential for local food systems and community resilience. How could these types of initiatives be expanded or replicated in other communities?

Consumption & Values:

9. The article suggests that a "No Buy" year can lead to a deeper understanding of personal values. How do you think your values are reflected in your current spending habits? How might a "No Buy" year challenge or change those values?
10. How does the "No Buy" movement challenge the dominant consumer culture? What are the broader social and economic implications of widespread participation in such movements?

Sustainability & the Environment:

12. Several participants in the article mention environmental concerns as a key motivator. How do you see the connection between reducing consumption and environmental sustainability?
13. The article touches on the difficulty of achieving a zero-waste lifestyle in the current economic system. What systemic changes do you think are necessary to make sustainable consumption more accessible and practical?

News Break is posted to the Web on Tuesday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please [register online](#) or call 206/652-6290 or toll-free 1-888/775-2655.

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