

Cost-Cutting Measures

Cutting down unnecessary spending can really help you save money. Making note of how much you spend daily and then determining what items you could cut back on (and doing it) can help. Here is a list of several areas where you may consider cutting back. Mark the items you will use, estimate their cost, and then add the amount of money you could really save over time. You may be surprised!

Name: _____

Food

- Pack lunch rather than eating out
- Do not shop when hungry
- Stick to a grocery list
- Use coupons
- Plan menus based on sales

Utilities

- Explore whether a balanced payment plan would benefit you _____
- Shop around for the best long-distance plan _____
- Properly insulate your home _____
- Adjust your thermostat so it will not run as much when no one is home _____
- Use ceiling fans to limit the use of the air conditioner _____
- Consider energy-efficient appliances _____
- Turn off lights when not in the room _____

Finances

- Shop around for a low interest rate credit card _____
- Avoid credit cards that charge annual fees _____
- Consider the impact of PMI, points and lender fees when considering mortgage programs _____
- Pay more than the minimum payment on credit cards _____
- Use a checking account with low monthly fees _____
- Use ATMs with no surcharge _____
- Review your insurance policies and consider increasing your deductible _____

Clothing

- Pass clothes to younger children _____
- Shop seasonal clearance sales _____
- Iron when possible to cut dry cleaning expenses _____
- Learn to do basic sewing and alterations _____

Transportation

- Carpool with neighbors or co-workers _____
- Consider moving closer to work _____
- Learn to do your own vehicle maintenance _____
- Use public transportation _____
- Combine errands to reduce mileage _____
- Have vehicle maintained regularly _____
- Review your auto insurance _____

Health/Medical

- Have regular checkups _____
- Follow a nutritious diet _____
- Develop healthy eating habits _____
- Carry only one health insurance _____
- Find free or low-cost ways to exercise _____

Giving

- Give time rather than money _____
- Make some gifts rather than buying them _____
- Save and plan for birthdays and holidays year around _____

Entertainment

- Rent movies rather than going to the theater _____
- Form a dinner club with friends and eat at each other's home rather than eating out _____
- Have drinks or dessert at home after eating out _____
- Have a do-nothing weekend monthly _____

Other

- _____
- _____
- _____
- _____