

Money Saving Ideas

Shopping	N/A	Already Doing	Will Try
Buy generic products.			
Make your weekly/bi-weekly menu from items that are on sale.			
Use what you have at home before you shop for more.			
Buy only what you need to get by the next one or two weeks.			
Make a list before you go shopping.			
Watch out for expiration dates on perishable goods.			
Buy generic over-the-counter medicines.			
Buy bulk whenever possible.			
Avoid impulse buying. Follow the 24 hour rule (if you want to buy something, wait 24 hours and see if you still want it)			
Don't buy anything if you can get it for free.			
Use coupons. Utilize services like Groupon or check out this list of coupon smartphone apps.			
Go to a farmer's market.			
Find free fridges and food pantries in your Neighborhood.			
Apply for SNAP benefits if you're not on it already.			
Do a clothing swap with friends instead of buying new clothes.			
Shop at thrift stores like Goodwill, Salvation Army, St. Vincent de Paul, and local shops for clothes or household items like kitchenware or furniture.			
Utilize Facebook Marketplace and Buy Nothing Groups where people sell used items or give them away for free.			