



ADDITIONAL MONEY SAVING TIPS

Home & Lifestyle

1. **Create a budget.**
 - a. With a budget, you're forced to evaluate how you spend your money and what you're spending it on. Keep a journal of your spending habits.
2. **Slow down your internet service.**
 - a. The slower internet service option is less expensive per month.
3. **Get a library card.**
 - a. You can get your books, DVDs, and magazines from the library for free.
4. **Conserve electricity:**
 - a. Turn off the lights in rooms you're not using and when you leave the house and
 - b. Replace incandescent bulbs with compact fluorescent light (CFLs) bulbs. These bulbs use 75% less energy and last 10 times longer.
 - c. Check the insulation in your home
 - d. Buy energy efficient appliances.
 - e. Convert to a gas water heater. They are more efficient and will save you money in the long run.
 - f. Shut vents in unused rooms.
5. **Conserve water** by turning off the tap when brushing your teeth.
6. **Use curtains** to conserve cool or hot air.
 - a. They block out sun in the summer and lock in heat during the winter.
7. **Double your recipes** so you'll have leftovers.
8. **Lower your thermostat and bundle up.**
 - a. Try wearing an extra sweater and slippers. By turning your thermostat back 10-15 degrees for eight hours; you can save 5 percent to 15 percent a year on your heating bill.
9. **Use cold water to wash laundry and air-dry your clothing.**

- a. Washing your laundry in hot water costs \$0.68 per load whereas washing it in cold water costs you \$0.04 per load. If you do laundry just twice per week, those cold-water washes will save you more than \$60 each year.

10. Use a reusable water bottle.

11. Save a little money each week.

- a. Try tucking \$10 into a shoebox each week, which will come out to \$520 in one year.
- b. Keep a coin jar. When you pay in cash, always “keep the change” and add it to that jar.
- c. Open a savings account. Commit to putting away \$25 each paycheck.

12. Buy generic over-the-counter medicines.

- a. They have the same ingredients as name-brand medicines and are significantly cheaper.

13. Buy store-brand items at the supermarket.

- a. Store-brand cereals, canned goods, snacks and more typically have the same ingredients as name-brand goods but are much cheaper.

14. Use your dishwasher.

- a. Loading the dishwasher is more efficient and economical than washing by hand.

15. Bring reusable bags to the supermarket.

16. Wait before you buy.

- a. If you’re out shopping and see something you like, wait a few days to buy it. Chances are, you’ll have forgotten all about it.

17. Reuse!

- a. Reuse wrapping paper and gift bags.
- b. Reuse aluminum foil, zip-lock bags, and glass or plastic containers and jars (just wash, dry and re-use).
- c. Cut old T-shirts and towels up into rags and use them instead of paper towels.

18. Try a staycation instead of traveling during big holiday weekends.

19. Join the rewards programs at your favorite stores.

- a. You can get a free rewards card at stores like Safeway and Fred Meyer that can reduce the cost of groceries and gas, and give you coupons and deals.

20. Combine your cable, internet and/or telephone service.

- a. Companies offer combined services that not only cost less, but offer the convenience of a single bill. You can also combine just cable and internet, and get rid of your landline.

21. Eliminate some or all cable service.

- a. If you must have cable, take a look at all the charges on your cable bill and consider getting rid of some of the service.
- b. Cancel your cable package. Cable can cost around \$150 each month, which adds up to \$1800 a year. Streaming services like Netflix and Hulu are cheaper TV and movie options than cable or the theater.

22. Agree to limit gift giving.

- a. Agree in advance to limit the gifts and save everybody some money.

23. Take your lunch to work

- a. It's estimated that bringing a lunch instead of buying one can save you more than \$1,000 a year.

24. Self-care at home. Pamper yourself at home by making homemade face masks, painting your nails, etc.

25. Check out Groupon.

- a. You can save up to 80% off restaurants, movie tickets and outings.

26. Cook at home or pick up take-out orders instead of having them delivered.

27. Buy in bulk or big containers.

28. Clip coupons.

- a. You can save anywhere from 40% to 60% off your grocery bill by using coupons. You can use coupons for your car's oil change as well.

29. Keep your car tires properly inflated.

- a. It keeps you safe and costs less on gas.

30. Cancel your gym membership.

- a. Run, walk, and go on hikes or workout at home instead.

31. Try free trials for gym memberships and subscription services, then quit after the first 30 days to avoid paying for the membership.

- a. Make sure to set yourself reminders for when to quit these services.

32. Evaluate your cell phone plan and see if you really need everything you pay for. By cutting out unnecessary services, you could knock \$20 off your bill.

33. Carpool to work or take the bus.

34. Have Potluck, where everyone brings a dish.

a. It's cheaper than going out to eat and you'll likely have leftovers of multiple dishes.

35. Brew coffee at home.

a. If you buy a coffee drink four times each week at around \$3 per beverage, that's a cool \$624 savings each year.

36. Volunteer. If you can't afford to donate to a charitable organization, volunteer your time instead.

37. Buy refurbished electronics.

a. Refurbished or used Mac and PC computers and other products like iPhones and iPads are much cheaper and are a great way to reuse instead of discard old electronics.

Finances:

38. Get organized and avoid missed payments.

a. Use the Expenses Tracking Worksheet in Module 8.

39. Improve your credit score.

a. A good credit score can save you thousands of dollars in interest on home loan and car loans, student loans, and credit cards.

40. Request a reduction in the interest rate on your credit cards.

a. Credit card companies sometimes are willing to reduce their interest rate. If your credit card company won't help you, switch to a low interest credit card or one of several 0% APR credit cards

41. Never pay checking account fees.

a. With so many free checking account plans available, there's no reason to pay monthly fees.

42. Get a rewards credit card.

a. There are many reward cards that pay out in cash or points that can be redeemed for travel or products. Many of these cards don't have an annual fee.

43. Pay your life insurance annually.

a. Insurance companies charge you more if you pay monthly, quarterly or semi-annually. Pay once a year and you'll pay less.

44. Pay car insurance semi-annually.

a. Some car insurance companies offer quarterly and semi-annual payment options. It costs more to pay quarterly, and twice a year is more convenient anyway.

45. Increase insurance deductibles.

- a. Most of us don't need to be insured for all losses over \$100 on our car, for example. Although we wouldn't want to pay a \$250 or even \$500 deductible, we could. If that's you, find out how much you'd save from raising your deductible.

46. Take advantage of employer 401(k) matches.

47. Pay your bills online to avoid buying stamps.

Sources:

<http://www.doughroller.net/smart-spending/51-painless-money-saving-tips/>

<http://living.msn.com/life-inspired/100-ways-to-save-money-in-2013>