

5 Tips for Spending Less

No coupons needed



1. Prioritize your spending

- Figure out what you need every month for your basic needs and set that money aside.
- All extra funds can be saved for future goals or your emergency fund.
- See attached budgeting sheet to help review your monthly expenses.

2. Eat out less

- Preparing your own food at home costs less.
- Review how often you are eating out and make a goal to decrease the amount you spend.
- Suggest getting just dessert instead. Spending \$10/week instead of \$50 can really add up.
- Try for breakfast/lunch specials instead of dinner. See if the restaurant has a happy hour or promotions menu.

3. Review your entertainment costs

- If you have all the streaming services and cable, it's time to review how much you are watching of each and if you can cancel any.
- Watch out for price hikes. Did introductory pricing expire? Netflix has been increasing pricing lately, can you still afford it?
- Can you share a service with people in your house to save costs?
- Sometimes calling your internet/cable providers will help you find new promotions that you qualify for. It's worth checking out or consider switching.
- Check out the library for books and DVDs for free.

4. Buy used or refurbished

- Need a new outfit, shoes, or accessories? Check out a second-hand store, thrift shop, or consignment shop for better pricing on gently used items.
- Buying a returned or refurbished item from a store (like BestBuy, Apple, or Target) can save you tons. Check websites and stores for these discounted products.
- Check out marketplace on Facebook, and craigslist for good deals. Remember to always be safe when meeting strangers. Bring a friend and agree on a price prior to meeting.

5. Shop around for big purchases

- Don't buy big ticket items from your favorite store without researching first.
- Read reviews on different brands to make an educated purchase.

- If you find a better price elsewhere, sometimes your favorite store will price-match.
- See if it's cheaper online but beware of shipping costs.
- Google to see when items generally go on sale. Most products have off seasons where their prices decrease.
- Wait for a holiday sale. Review ads to see if a product you want is on sale. Up next is Memorial Day, where many retailers will offer special sales all week.

Sources:

- <https://money.usnews.com/money/blogs/the-frugal-shopper/articles/2016-01-08/5-painless-ways-to-save-money>
- <https://money.usnews.com/money/blogs/the-frugal-shopper/articles/2016-01-04/7-tips-to-spend-less-without-using-coupons>

Anoka County Youth Program

Budget Worksheet

Name: _____ Employment Counselor Name: _____

Income: Please report all income coming into the Household each month:

Wages: _____ Social Security: _____
Cash Assistance: _____ Food Assistance: _____
Child Support: _____ Other (List): _____

Total of all monthly income listed above: \$ _____

Monthly Household Expenses: Please report all expenses paid each month.

Housing:

Rent/Mortgage: _____
Water/Sewer: _____
Trash: _____
Electricity: _____
Heat/Gas: _____
Internet/WiFi/Cable: _____
Cell or Home Phone: _____
Home repairs: _____
Other (List): _____
Total housing: _____

Household Expenses:

Food: _____
Cleaning supplies: _____
Paper products: _____
Laundry: _____
Other (List): _____
Total Household: _____

Medical:

Insurance Premium: _____
Prescriptions: _____
Dr/Dental/Chiro: _____
Total Medical: _____

Children's Expenses:

Childcare: _____
Child Support Paid: _____
Other (List): _____
Total Children's: _____

Transportation:

Car payment: _____
Car insurance: _____
Vehicle repairs: _____
Bus pass: _____
Total transportation: _____

Personal:

Clothing: _____
Hair: _____
Entertainment: _____
Eating out: _____
Gifts/Donations: _____
Total Personal: _____

Miscellaneous:

Pet Care: _____
Credit Card Payments: _____
Loan Payments: _____
Other (List): _____
Total Miscellaneous: _____

Total of all monthly Expenses: \$ _____

TOTALS:
INCOME: _____
MINUS EXPENSE: _____
REMAINING BALANCE: _____

I hereby certify that the information shared above is true and accurate to the best of my knowledge.

Signature

Date