



Ten Tips for Stretching the Family Budget:

1. Stock up on essential items like toilet paper and diapers so they don't break you at the end of the month.
2. Gas prices on average are cheaper earlier in the week rather than later in the week.
3. Make sure the seals around your doors and windows are tight to be sure you're not losing air or heat.
4. Freeze meals and other perishable food items that you can use when the food budget gets low.
5. Limit eating out. Pack lunches for work/school. Better for your health and your pocket book!
6. Research free entertainment. Find the things you enjoy doing that don't cost money (read a book, go on a hike, have a game night at home).
7. Type up your long term goals and dreams so that you can refer to them in moments of weakness or difficulty.
8. Plan ahead. Make grocery lists and meal plans to limit impulse buys and ensure you have meal options on hand.
9. Quickly check your favorite coupon sites (like Pick Up The Values) before heading to the store to take advantage of deals for things that are already on your list, or free items.
10. Continue to track your expenses even if you have already exceeded your budget to minimize overspending (aka: don't let yourself go)!

