

# 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 \_\_\_\_\_

## 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 \_\_\_\_\_

## 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 \_\_\_\_\_

## Health/Medical

- Have regular checkups \_\_\_\_\_
- Follow a nutritious diet \_\_\_\_\_
- Develop healthy eating habits \_\_\_\_\_
- Carry only one health insurance \_\_\_\_\_

## 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

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- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_