

# ***Possible Ways to Save Money***

Below are common sense ways to save money. In all likelihood, some of them won't apply to your situation. However, taking advantage of some of these tips you can will save you money in the long run.

## **GROCHERY SHOPPING**

1. Plan your weekly food menu before shopping
2. Write down and bring to the store a grocery list and stick to it!
3. Use coupons at the grocery store
4. Grocery shop on "double coupon days" (these are times during the week when your coupons are worth double; ask the store whether they offer "double coupon days").
5. Go grocery shopping while you are in a hurry
6. Grocery shop when you are NOT hungry
7. Buy generic products (rather than brand ones) whenever possible
8. Buy in bulk at food warehouses whenever possible (like COSTCO or Sam's Club)
9. Compare prices by looking at the unit price.
10. Watch out for expiration dates on perishable goods
11. Buy fruits and vegetables in season
12. Volunteer two hours a month for reduced cost food through the Share Program (varies per state, main northeastern site at <http://www.sharefoodprogram.org/>).

## **AT WORK/SCHOOL**

13. Ride your bike or carpool to work whenever possible
14. Bottle your own water
15. Make your own coffee
16. Bring your own snacks. Avoid the vending machines. Almost everything that is dispensed via vending machines is more expensive and is rarely healthy
17. Bring your own lunch instead of going out

## **AT HOME**

18. Request to get interest on the security deposit for your apartment
19. Share housing with a friend or family member
20. If you are paying for your own heating, set your thermostat to 64 and turn it down to 60 at night
21. Replace 100-watt bulbs with 60-watt bulbs
22. If you are leaving a room for more than five minutes, turn off the light
23. If you can, hang clothes out to dry
24. Don't use your dishwasher dry cycle; open the door and let them air dry all night
25. Disconnect your phone land line if possible, and just use your cell phone service
26. Shop around for long distance and international rates
27. If you are paying for your own water bill, take a five-minute shower
28. Use grocery store bags to line trash cans
29. Throw pocket change (coins) in a jar and take it to the bank when it's full
30. Buy old furniture at yard sales or at the Salvation Army and refinish it yourself
31. Iron your own clothes
32. Use the library for books, videotapes, and music

**Disclaimer:** This document is intended for general information only. It does not provide the reader with specific direction, advice or recommendations. You may wish to contact an appropriate professional for questions concerning your particular situation.

33. If you watch TV, purchase your cable television basic service. Many programs you do not have access to through cable online
34. If you watch a lot of DVDs, rent them at the public library for free or get an online DVD store membership
35. Pay all your bills on time and avoid late fees
36. If your income is low, contact utility companies about reduced rates.

### AT THE BANK

37. Avoid using your ATM card at machines that charge a fee
38. Shop around for the lowest banking fees
39. Avoid credit cards with annual fee
40. Be aware of your bank balance and avoid over draft fees
41. Pay your credit card balance in full and on time to avoid late fees and interest charges
42. Request lower interest rates from your creditors
- 43.

### ENTERTAINMENT

44. Meet friends for coffee instead of dinner
45. Have potluck dinners with friends and family instead of going out
46. Go to museums on free days
47. If you like watching movies at the theater, go to a matinee (when the tickets are a little less expensive, generally before 6:00 pm) or to a 2 dollar Movie Theater
48. If you invite someone on a date, go for a walk instead of a restaurant
49. Borrow a dress for a big night out, or go to a **consignment shop** (a store that offers used goods at a lower cost than new).
50. Exercise for free - walk, jog, bike, or get exercise videos from the library.

### SHOPPING

51. Buy your clothes off season
52. Shop in thrift stores
53. Buy, sell, and trade clothes at consignment shops
54. Search the internet for free things (commonly referred to as freebies).
55. Instead of buying books, borrow books from the library
56. If you have to buy books, check if you can buy it used
57. Trade in old books and CDs
58. Avoid impulse buying (Many of the things you want to buy do not seem all that necessary, if you only you wait for a day or two. Also, waiting means you will be able to check prices and make an informed decision to buy it at the best possible price.)

### MEDICAL EXPENSES

59. Ask for generic prescriptions drugs instead of brand name
60. Get pre-approval from your medical insurance company before undergoing any procedures or tests.
61. Shop around for eyeglasses.
62. Ask your doctor for samples of prescriptions.
63. Shop around for prescriptions including mail order companies (contact your employee assistance program for referrals).

64. If you pay for office visits to the doctor, medical procedures or prescription drugs, inquire with your U.S. employer about their health flexible spending account and sign up for it.
65. Go to an optometrist for routine vision tests or to change an eyeglass prescription.

## TRANSPORTATION

66. Use public transportation
67. If you need to buy a car, get a less expensive, lower maintenance one. Always check what the cost of gas per mileage is and check how much your car insurance will be
68. When you purchase auto insurance, always inquire about discounts they offer (for example, many insurances offer discounts for multiple drivers, good driving records, etc.)
69. Purchase all of your insurance from the same company to get a discount
70. If your car has very little value, you probably only need liability insurance
71. Increase your car insurance deductible
72. If you own a car, change the oil in your car yourself regularly
73. Buy spare parts for your car at the junkyard
74. Keep your car properly tuned to cut down on gas usage. Go slow!

## IF YOU HAVE CHILDREN

75. Make your own baby food
76. Get used clothes and toys for your kids from friends. You can also buy used clothes at garage sales and at thrift stores (**thrift stores** are shops that sell used articles, especially clothing)
77. If you pay for childcare, inquire with your U.S. employer about their dependent care flexible spending account and sign up for it
78. Buy pre-owned toys and children's books at garage sales
79. Cut the kids hair yourself