



30 Ways to Trim Your Budget





Welcome

1

Plan for
meals away
from home

Food



2

Have snacks
prepared

Food



3

Plan a
menu for
the week

Food



4

Shop
seasonally

Food





5

Buy extra
when you
spot good
deals

Food



6

Consider
buying
organic
produce
selectively

Food

7

Shop
around
at different
merchants

Farmers'
Markets



8

Shop near
closing time

Farmers'
Markets



9

Ask the
farmers for
recipes

Farmers'
Markets



10

Email or set
up a phone
appointment
with your
doctor

Health &
Dental Care





11

Contact a
local dental
school

Health &
Dental Care

12

Use apps
to find gas
stations with
lower prices

Vehicle





13

Shop
around with
different
carriers

Insurance

14

Combine
your
coverage

Insurance





15

Get auto
insurance
discounts

Insurance



16

Adjust
your current
coverage

Insurance

17

Review
property tax
card for
errors

Property Taxes



18

Ask about
discounts or
exemption
programs

Property Taxes

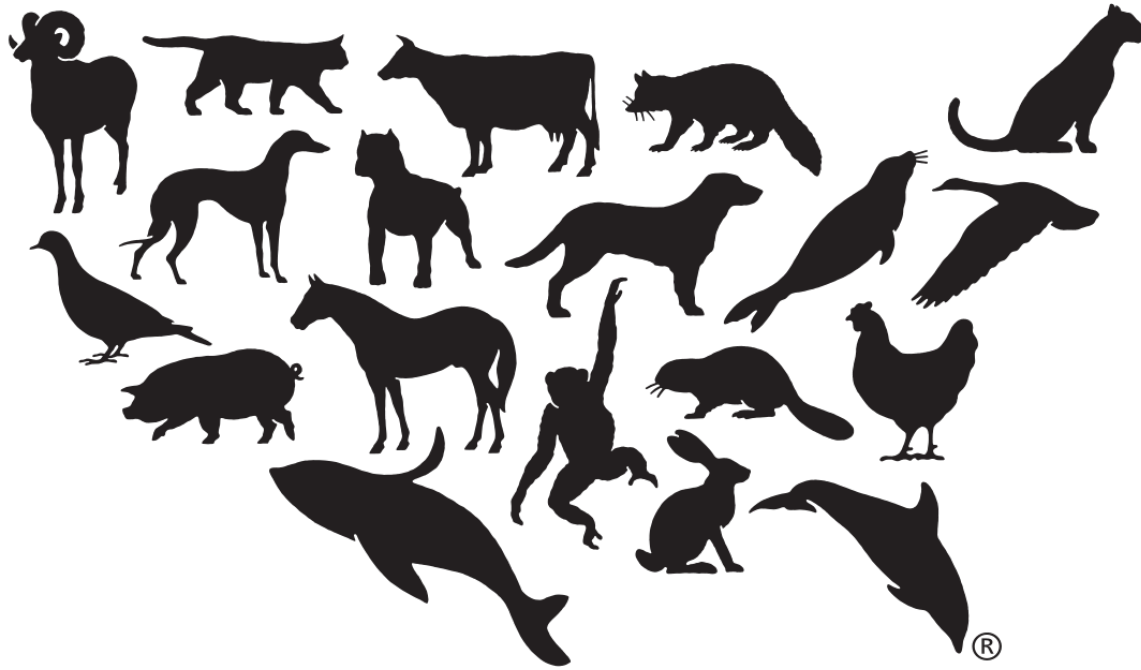




19

Contact
Your local
veterinary
school

Pet Care



20

Check out
resources from
The Humane
Society

www.humanesociety.org

THE HUMANE SOCIETY
OF THE UNITED STATES

Pet Care

21

Ask for
current
deals or
promotions





22

Host a
clothing &
toy exchange

Clothing/Toys/
Entertainment



23

Shop at
garage sales
& thrift
stores

Clothing/Toys/
Entertainment



24

Wait for
Holiday sales
for deals

Clothing/Toys/
Entertainment



25

Encourage
children to
pay toward
entertainment
expenses with
part-time jobs

**Clothing/Toys/
Entertainment**

26

Check out
parks, community
centers, libraries,
historical societies,
community
colleges

Family Activities



27

Consider
volunteering

Family Activities



28

Invest in
annual State,
City, or County
Park pass

Family Activities





29

Stock up
on wrapping
paper supplies
AFTER
holidays

Holidays



30

Re-gift
gift cards

Holidays

Know Your Spending Self

Identify your triggers

Plan a counter-attack

“Make good choices today so you don’t have regrets tomorrow.”

– Anonymous

Thank You.

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