

**ALEC**<sup>®</sup>

## 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

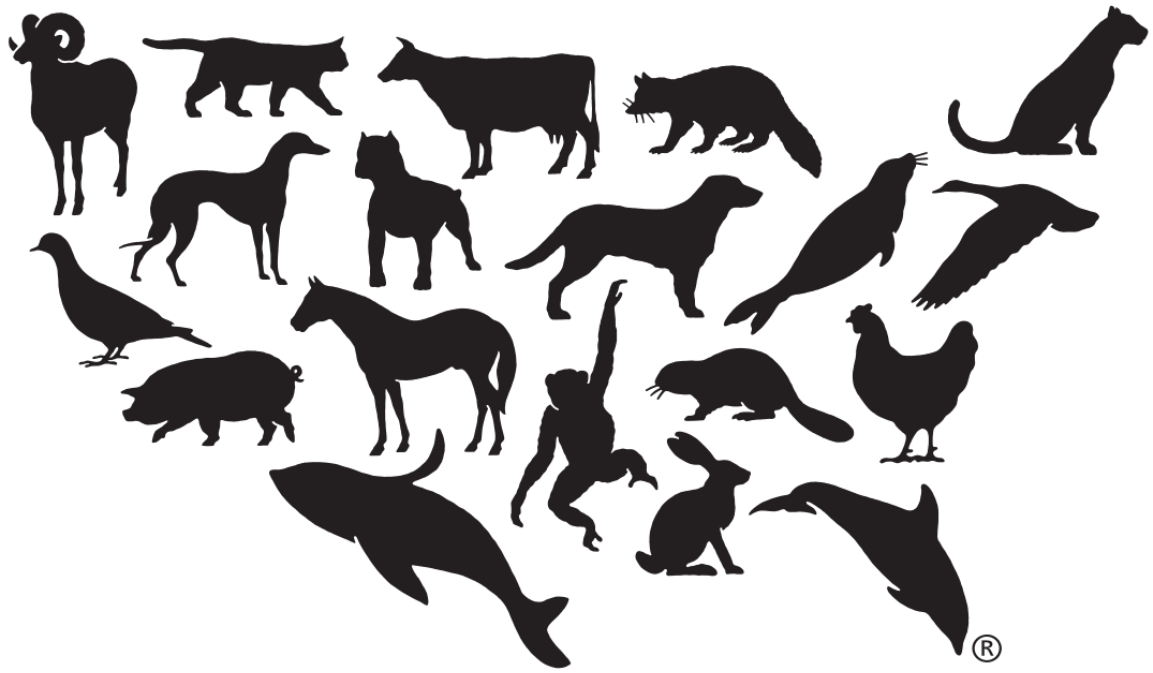




# 19

Contact  
Your local  
veterinary  
school

**Pet Care**



20

Check out  
resources from  
The Humane  
Society

[www.humanesociety.org](http://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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