

Small Savings Add Up!

Make a list of all your expenses and see what you can eliminate.

Eating Out



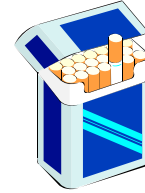
\$5 (x 5 days/week) = **\$100 a Month**

Cable TV



\$50 a Month

Cigarettes



\$5 a day = **\$140 a Month**

Alcohol



\$15 a week = **\$60 a Month**

Cell Phones



\$60 a Month

Snacks



\$2 (x 5 days/week) = **\$40 a Month**

Energy Drinks or Specialty Coffee



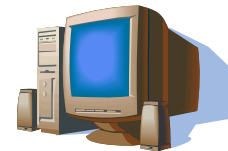
\$3 (x 5 days/week) = **\$60**

Acrylic Nails or Manicure



\$50 a Month

Internet



\$40 a Month

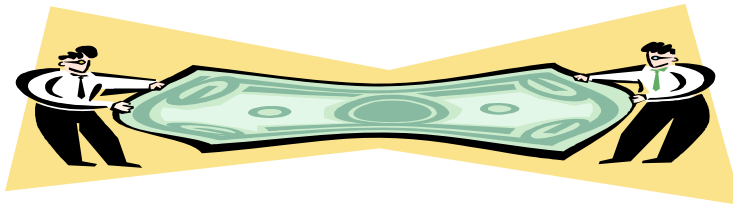
Total Savings = \$ 600 a Month
Or
\$7,200 a Year



Maricopa County

Adapted from materials developed by Mississippi State University Extension Services

Stretching Your Food Dollar



Check food on hand before shopping

Make a shopping list

Check scanner for price errors

Stock up on sale items

Don't shop when you are hungry

Check newspaper ads

Plan meals for the week before shopping

Shop alone. You spend more when shopping with children

Try generic and store brands

Use the unit price to find the cheapest brand

Store Brand Product	Price \$4.99 24 oz
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Resist impulse buying and checkout line temptations

Buy fruits and vegetables in season

Unit Price
\$.20 per oz

Limit convenience foods

Use coupons and store club cards

Eat meat less often, use beans, lentils or tofu instead

