



# Extension Connection

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

### **Title of Article – 5 Ways to Save \$50 a Month**

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If your overall financial picture needs to be improved, it's going to take some time. You have to start somewhere, and your monthly expenses are a good place to begin. Saving \$50 per month may not sound like much, but if you can find five different ways to do this, you could save up to \$3,000 in one year. Here are five simple options:

1. Coupons or apps - Most folks simply do not realize the power of clipping coupons to save on groceries. Another option would be to download the Wal-Mart app or Ibotta app. This is just a couple of examples of how planning the shopping trip or scanning your receipt after you shop can add up to big bucks in no time.
2. Brown Bag it - Lunch is a minor expense in the eyes of most, but it adds up fast. Let's say you eat out every work day and spend an average of \$7. In one month, you've spent \$140. Instead, pack some of last night's leftovers. Only eating out two times a week instead of every day can save you over \$80 a month.
3. Eliminate Your Landline Telephone - If you have a cell phone, you may not need a land line. Internet doesn't always need a landline anymore. If that option is available in your area this could save you at least \$50 a month.
4. Reduce Entertainment - Even if you only eliminate one night out at a restaurant or one trip to the movies per month, you could save \$50.
5. Cut Back on Personal Purchases – Most items bought at a convenience store can be eliminated or purchased elsewhere for less. Newspapers, lottery tickets, snacks, sodas, and many other things are truly unnecessary purchases. If you're a coffee drinker, brew it at home instead of treating yourself each day. There are plenty of other ways to reduce your personal purchases. Any time you reach for your wallet or purse, just ask yourself: Do I really need this?

Let's say you implement all of these ideas, and the savings equal exactly \$250 each month. Instead of wasting this money, figure out how to best use it. Pay off credit card balances, invest in your retirement plan, save money in your emergency fund, or set it aside for your children's college fund. Once you start to see positive effects of these savings, you'll have all the motivation you need to keep going.

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930.

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