

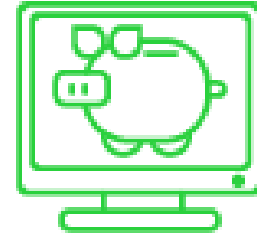
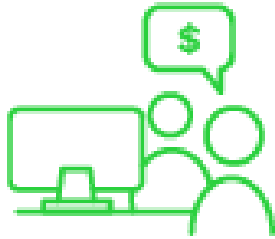
Credit Counselling
Society presents

75 Ways to Save on Household Expenses



We Help. We Educate. We Give Hope.

We Help. We Educate. We Give Hope.



- **Credit Counselling**
- **Debt Solutions**
- **Education**

- **Non-profit**
- **Accredited**
- **Award-winning**

- **25+ years**
- **~ 1 million supported**
- **\$750+ million re-paid**

Top Reasons for Financial Hardship

1. Unemployment / Underemployment
2. Excessive use of Credit or Using Credit for Living Expenses
3. Injury / Illness
4. No Budget / Lack of Financial Education
5. Separation / Divorce and Family Expenses
6. Failed Business/Used Credit for Business Expenses
7. High Housing Costs

AGENDA

Many Tips On:

01 – Utilities & communication

02 – Food

03 – Transportation

04 – Entertainment & others

Pick 3!

OBJECTIVES

- 01** – Add to your list of cost saving strategies
- 02** – Apply tips to save money
- 03** – Identify areas of further cost savings

Utilities & Telecommunications

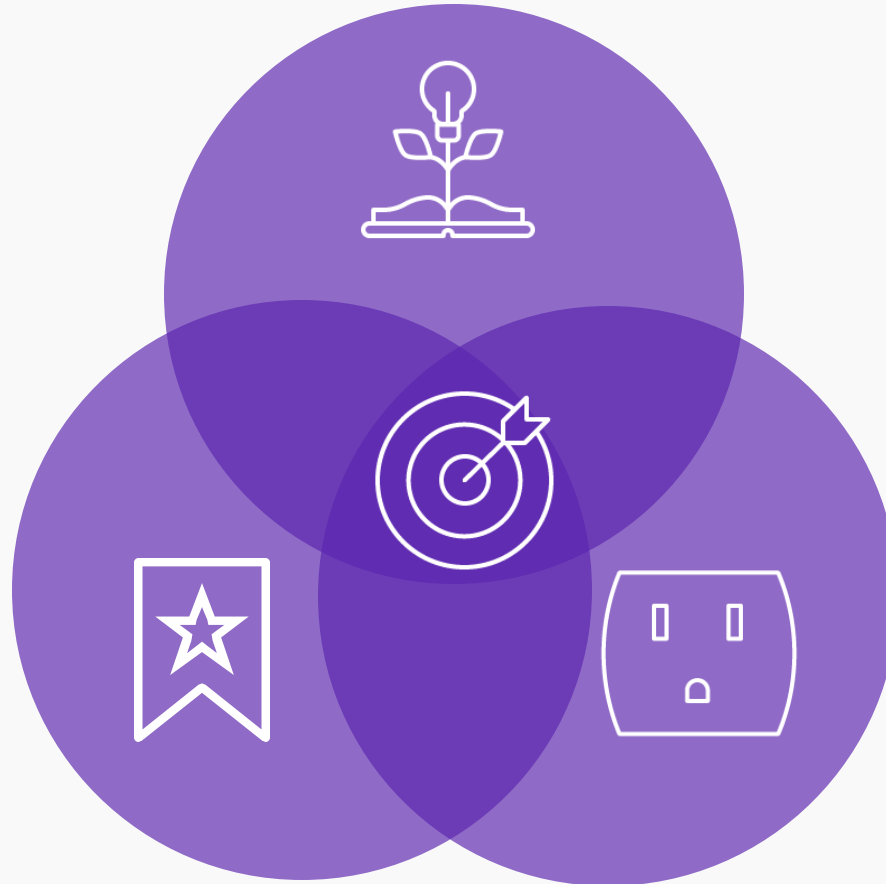


| Electricity

Turn off lights and
use CFL or LED bulbs



Use a smaller
(Energy Star)
appliance



Unplug unused
chargers and
electronics

Incandescent

VS

CFL

60

Watts Used

14

21

**# bulbs needed for 25,000
hours of use**

3

\$21

Price of bulbs over 23 years

\$6

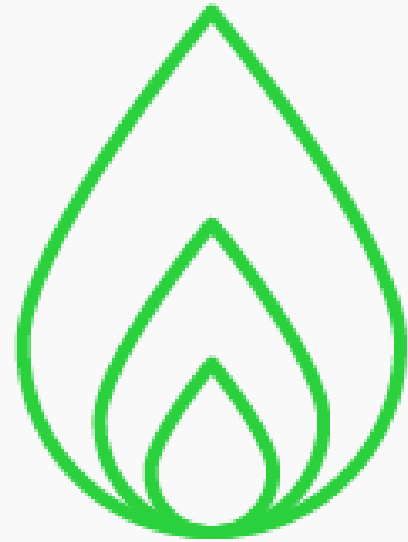
\$180

**Cost of electricity for 25,000
hours of use**

\$42

| Heating

- Set up an equal payment plan
- Install a programmable thermostat
- Turn down heat or A/C when out
- Use window coverings strategically & draft-proof doors/windows
- Turn down water heater temperature



| Water

- Turn off the water when brushing your teeth or shaving
- Water your lawn 30 min/week
- Install a low flow showerhead
- Use your dishwasher fully loaded



| TV & Internet



Cancel cable + share streaming services



Reduce size/speed and/or bundle packages



Call your provider regularly to check on new packages/pricing

| Communication



- Use a mobile or a landline
- Reduce your plan to what you use
- Look into shared or family plans
- Use free video chat + Wi-Fi instead of data

Food



| Food – Getting Organized

Get organized



Take an inventory

Create a Meal plan



Create a Shopping List

Pre-Shop + pick up your groceries



Shop on a full stomach



| Food Prep - Packages

1

Smoothie
(freezable)

2

Snack packs
(pantry)

3

Veggie pack
(refrigerate)

4

Batch cook
meals (freezable)

5

Summer
harvest
(freezable)

6

Store fresh
food properly

- <https://nutritionyoucantrust.com/ethylene-foods/>

| Grocery Shopping

Request
manufacturer
coupons

Dollar store for
canned goods and
cleaning supplies

● Shop with cash/debit

● Pre-packaged foods
Date labelling on pre-
packaged foods - Canadian
Food Inspection Agency
(canada.ca)

| Smartphone Apps

**Flyer +
Coupon Apps =
Instant Savings**

Flipp, Reebee, Save.ca,
FlashFood,
RedFlagDeals.com



**Rebate Apps =
Money Back**

Checkout51, Caddle,
Rakuten

**Combine them for
more savings !**

Eating Out or In

Limit eating out/ordering in to 1-2 X per month

Drink water, it's free



Have dessert at home (or go out JUST for dessert)

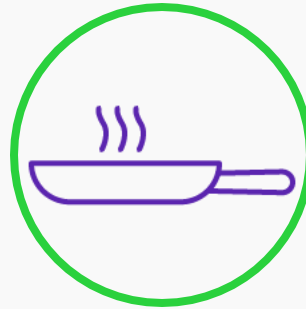
Split plates – portions are huge

|Coffee and Lunch



Make your own coffee

\$5/day on coffee =
\$1825/year



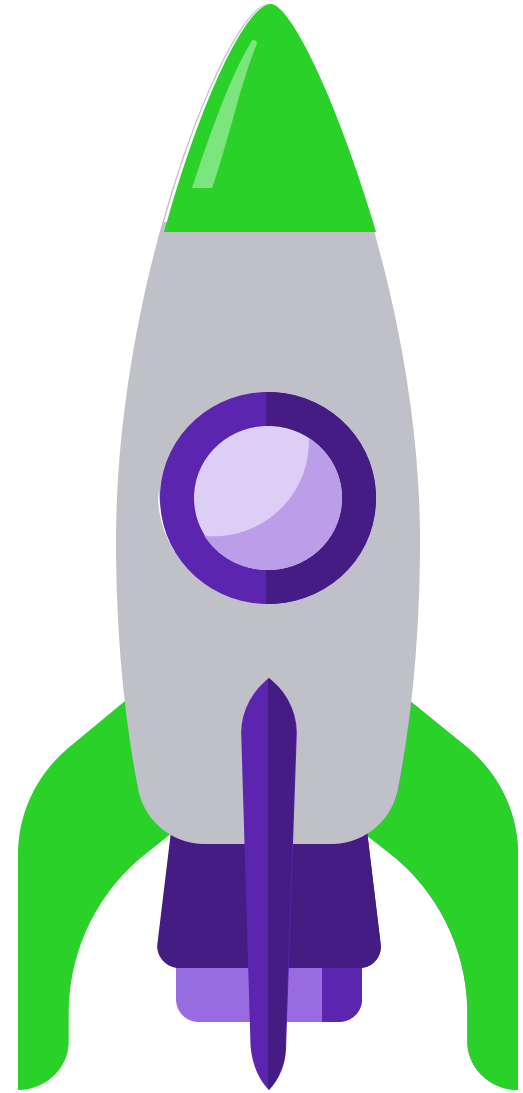
Make your own lunch

\$40/week on lunches =
\$2080/year



What else could you save for/pay off?

Transportation



| Transportation

- Consider all options:
 - Walking, cycling, carpooling
 - Car sharing services
 - Public transport (bus/train/subway)
- Less Stress than driving
- Time Used for reading, music, or gaming



| Transportation

MONTHLY COSTS	CAR	PUBLIC TRANSPORTATION
Monthly payment	\$550	\$100-\$150
Insurance	\$150-\$200	n/a
Gas	\$150-\$250	n/a
Maintenance	\$50	n/a
Parking	\$100-\$200	n/a
Time	1.5 hours/day driving	1.5 hours/day reading
COST	\$1000-\$1250/month	\$100-\$150/month
SAVINGS	\$0	\$900+ savings/month

| If you really need a car

Buy a reliable
used car

Only use
premium fuel
if required



Buy only
what you
can **afford**
(Downsize if
necessary)

Budget for
maintenance
items
(follow the
manufacturer's
schedule)

Ask for
insurance
discounts

| We Want Your Opinion

QR Code



Survey Monkey



<https://www.surveymonkey.com/r/69B6FMJ>

Personal Care
Entertainment
Clothing
Fitness
Travel
Celebrations



| Personal Care

- Saving on makeup
 - Mix foundation with moisturizer
 - Finish what you already have & unsubscribe from mailing lists
- Consider getting haircuts/trims at professional salon schools
- Make your own lip balms, deodorant, facemasks
- Use less product – toothpaste, shampoo, facewash

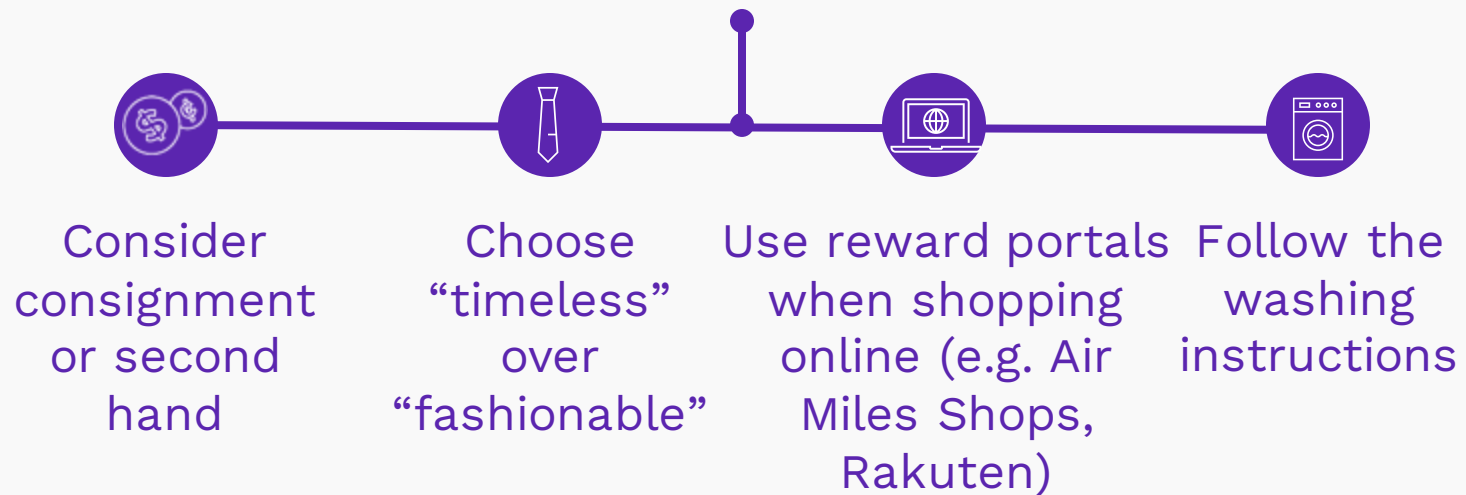


| Entertainment

- Online meetups with loved ones
- Game night
- Check out deal websites
 - Groupon, LivingSocial
- Go to the movies on “cheap” nights
- Libraries – way more than books!
 - E-readers, movies, TV shows, video games, music etc.
- Look up free community events



| Clothing



| Laundry

- Wash clothes with cold water
- Hang clothes to dry
- Use dryer balls or a dry towel to dry clothes quicker



| Fitness



Cancel gym membership, buy used equipment, and visit a local outdoor fitness centre



Take advantage of employer sponsored programs



Consider your local Parks and Recreation fitness center



Ask about discounts

| Travel

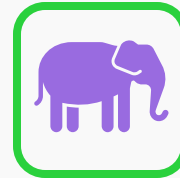
- Look for seat sales
 - Google Flights, Kayak, Skyscanner, Momondo
- Search in “private” or “incognito” mode
- Call the hotel directly to inquire on rates
- Change your location on deal websites and apps to get deals



| Children's Parties



Consider birthday parties at home or park



Find free days at zoos museums



Hose and sprinkler to entertain kids



Sign up for birthday rewards

| Gifts & Special Occasions

- Try a gift exchange
- Agree to only gifts for the kids
- Give gift cards to save on postage
- Make something yourself
- Have a special evening at home
- Make your own gift certificates



HAVE A SOLID PLAN

What three tips
will you start with?



| Final Tips

Don't let convenience costs eat away at your savings



Look for free or low-cost entertainment in your town

Create a weekly meal plan and stick to it



Free tools + resources via mymoneycoach.ca



Conclusion





01 – Add to your list of cost saving strategies

02 – Apply tips to save money

03 – Identify areas of further cost savings

Which 3 Did You Pick?

How We Help

-  **1-888-527-8999**
Book a free financial consultation with a credit counsellor
-  **Education@nomoredebts.org**
Contact a Financial Educator
-  **nomoredebts.org**
DM us via online chat
-  **@nomoredebts.org**
Sign up for our newsletter



@creditcounsellingsociety



@CrdtCounselSoc



@nomoredebts