



Money-Saving Tips

We can all use a little help making our money go as far as possible. The Clara Abbott Foundation has developed some creative solutions to help you spend less and save more.

Determine Needs vs. Wants

When experiencing money problems, focus on necessities and eliminate items that are not a basic living need. Here's a quick guide to help you determine your needs vs. wants:

Needs	Wants
Mortgage/rent	Cable television
Food	Movies, CDs, DVDs
Utilities	Eating out
Medical expenses	Long distance calls
Transportation	Extra phone lines
	Cigarettes, alcohol, gambling
	Gifts

Quick Ways to Save Big:

Yearly Savings	
\$276	Choose basic cable instead of movie channels
\$180	Get one movie or CD a month from the library instead of buying it
\$300	Give the gift of your time for holidays or birthdays
\$250	Use phone cards instead of long distance
\$300	Use the same phone line for the internet
\$300	Do a fun home meal once a month, rather than eating out
\$420	Eliminate one cell phone
Total Annual Savings	
\$2026	

The Clara Abbott Foundation offers a wide array of services including financial education classes and financial consulting to help you take charge of your money. For more information, call (800) 972-3859.