



follow your MONEY ACTION PLAN

AUGUST 2019

1 PRIORITIZE



When finding extra ways to save, we suggest that you start cutting where you will miss it the least. Do you love coffee, but

only watch Netflix? Then start by cutting your cable bill before pinching your pennies on your coffee habit.

2 MAKE YOUR SAVINGS COUNT



Remember why you are making financial cutbacks by putting your savings to work. Try upping your deferral percentage in

your 401(k) plan by 1% or saving into an account to help you build your rainy day savings.



WE'RE HERE TO HELP

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FINDING EXTRA WAYS TO SAVE

Making small changes to your everyday decisions can help you find extra savings to sock away for your future! We hope these tips will inspire you to take action.

Pack your own lunch - don't eat out every day. Eating lunch out can range from \$4 to \$15, but an average brown-bag lunch is just \$4.

Check cell phone plans. Make the switch! Big cell phone companies constantly offer new and rebundled plans; check yours every six months for changes and possible savings.

Keep your coffee - but order a medium instead of a large. Don't give up your favorite morning ritual - just try downsizing and watch those pennies add up!

Watch movies at home versus going to the theater. If you're a movie buff, you can save oodles by waiting to watch new releases from home and making your own popcorn! If you can't wait, look for movie theater discounts (typically on Tuesdays).

Use cash versus plastic for meals out. People spend 12 to 18 percent more when using credit cards than when using cash. Researchers found the average fast-food purchase rose from \$4.50 to \$7 when customers used plastic instead of cash.

Watch the Savings Add Up!

\$20/month: Streamed 2 movies at home

\$20/month: Switched cell phone plan and/or carrier

\$16/month: Packed own lunch once per week

\$28/month: Paid cash for meals out

\$14/month: Switched to medium coffee

That's **\$98 per month in savings** just by making small changes!



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