

FRUGAL WAYS TO SAVE MONEY

Frugal: careful in the use of one's money or resources (Merriam-Webster)

Quanloop (investing site): frugal vs cheap is that frugality is about assessing the long-term picture, maximizing value at a lower cost and prioritizing expenditure to have more time for the things you really care about. Being cheap is simply focusing on price as the bottom line and cutting costs.

My example: Big Papa's vs. Coop – produce goes bad quickly

The Complete Tightwad Gazette: Promoting Thrift as a Viable Alternative Lifestyle by Amy Dacyczyn

Using items you were about to throw away (milk jugs, plastic meat trays, and more!)

Halloween costumes from scrounged materials

A comparison of painting versus re-siding your house

Children's clothing – sizes and measurements

School lunches 90¢, homemade 45¢. Each kid saves \$81, 6 kids through grammar school saves \$2,916.

Some things too frugal ex. Powered milk

FOOD

1. Know how to cook from scratch
2. Meal plan
3. Shop your home first
4. Look at sales and stock up
5. Use up waste (or freeze)
6. Shop seasonally
7. Compare unit prices
8. Buy in bulk if it saves ex. Spices
9. Stick to a list
10. Eat out sparingly/special occasions
11. Comparison shop, but factor in time/gas/pitfalls

BILLS

1. Compare each year for insurance, cable, internet, phone, etc.
2. Car Insurance
 - a. increase deductible
 - b. Consumer Reports: As a general rule, when the premium is more than 10 percent of the car's value, it's time to consider dropping collision, and maybe comprehensive, too. You

may want to keep comprehensive a bit longer because it includes glass coverage, which is always nice to have if a rock hits your windshield and cracks it.

- c. Take a safe driving course for a discount
 - d. If you're driving less than 10,000 miles/yr, you may get a discount. Ck yearly amt
 - e. Bundle with homeowners
3. Homeowners (from Library Mutual)
- a. Shop around for the best home insurance rates
 - b. Bundle your home and auto policies
 - c. Increase your home insurance deductible
 - d. Improve home security
 - e. Make home improvements – ask first if you'll get a discount
 - i. upgrading your roof
 - ii. updating old wiring and other electrical systems to reduce fire risk
 - iii. adding storm shutters and/or storm-resistant windows and shingles
 - iv. installing an indoor sprinkler system
 - v. removing items that can increase your insurance such as pools or woodburning fireplaces
 - vi. revamping your landscaping to get rid of trees that are at risk of falling or adding better drainage
 - f. Review your coverage every year
 - g. Ask about savings
 - h. Consider actual cash value (depreciated) vs. replacement cost
 - i. Take advantage of group insurance
4. Cable, Internet, Phone
- a. Check every year
 - b. Threaten to go somewhere else
 - c. See if you still need/want/use it OR different package
5. Check subscriptions
- a. Streaming – how many shows do you watch regularly? Would you miss them?
 - i. Take advantage of 7-day free preview
 - b. Magazines – check the library!

OTHER

- 1. Always cost compare
 - a. Shipping – post office vs UPS
 - b. Purchases – check Amazon vs. Lowes vs. Walmart
 - c. Google Shopping
- 2. Take care of your health
- 3. Avoid ATM fees – go your local ATM or get cash back at grocery store
- 4. Drink water
 - a. Make coffee at home

10 Frugal Habits [<https://www.newtraderu.com/2024/12/23/10-old-fashioned-frugal-habits-that-build-silent-wealth/>]

Silent wealth is the gradual accumulation of financial stability and security through consistent frugal habits.

- Living below your means involves spending less than you earn and being mindful of your purchases.
- Embracing DIY can help you [save money](#) on professional services while developing valuable skills.
- Home cooking is cheaper and healthier than dining out, especially when you plan meals and cook in bulk.
- Repairing and mending items instead of replacing them can extend their lifespan and [save you money](#).
- Growing your food, even on a small scale, can reduce grocery costs and provide fresh produce.
- Avoiding unnecessary consumer debt, especially credit card debt, is crucial for maintaining [financial freedom](#).
- Using leftovers and reducing food waste can help stretch your grocery budget even further.
- Acquiring second-hand items through hand-me-downs or thrift shopping can lead to significant savings over time.
- Conserving resources like utilities is advisable for both the environment and your wallet.
- Delaying gratification, the habit of waiting before making purchases.

No-Buy Challenge (Tik Tok): completely abstaining from spending money on non-essential items, typically for an entire year.

“Low-buy” challenge, the idea is that you can cut back on spending by making a list of rules to stick to for a set time period. The number of rules, and their content, is completely up to you

“Project Pan”, where you “try to use up every single product to its last drop,” and to look for most items secondhand before buying them new.

READING SUGGESTIONS

The buy nothing, get everything plan : discover the joy of spending less, sharing more, and living generously Clark, Liesl 332.02 CLA

What to do with your money when crisis hits : a survival guide Singletary, Michelle 332.02 SIN

Old-fashioned on purpose : cultivating a slower, more joyful life Winger, Jill 333.72 WIN

Money secrets of the Amish : finding true abundance in simplicity, sharing, and saving Craker, Lorilee 640.73 CRA

100 days of real food on a budget : simple tips and tasty recipes to help you cut out processed food without breaking the bank Leake, Lisa 641.563 LEA

101 Ways to Go Zero Waste Kellogg, Kathryn 640.28 KEL

Your Money or Your Life: 9 Steps to Transforming Your Relationship with Money and Achieving Financial Independence Dominguez, Joe and Robin, Vicki [inter-library loan]

The Complete Tightwad Gazette: Promoting Thrift as a Viable Alternative Lifestyle Dacyszyn, Amy [inter-library loan]