



Your **emergency savings fund** should equal 3 to 6 months living expenses. We never know when a crisis may occur – like car trouble, or missing work due to illness. Protect your financial security. Find a way to save.

UofA

**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

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WAYS TO SAVE

1. Pay Yourself First. Make your “savings bill” a part of your monthly spending plan.
2. Use Payroll Deductions. Deposit directly from your pay into a credit union or bank savings account.
3. Save “Bonus” Income. Tax refunds, overtime pay and gift money.
4. Collect Loose Change. At the end of every week (or more often), empty out your pockets and wallet and put the change in a jar. Every other week or once a month, deposit the change in your savings account.
5. Break a Habit. Skip the donut or soda pop at break time, save the money you didn’t spend.
6. Save Lunch Money. Get up 10 minutes earlier and make your own lunch instead of buying it. Save the money you would have spent on lunch.
7. Have a “Nothing Week.” Once in a while have a week when you try not to spend any extra money – cut out all unnecessary spending and save as much as possible.



CONSUMER ECONOMICS



SAVINGS IDEAS

Save \$.50 a day in loose change.

\$15

Bring your lunch to work (save \$3 per day).

\$60

Eliminate premium cable channels.

\$20

Reduce soft drink consumption by 1 liter per week.

\$6

Buy grocery store brands instead of name brands.

\$10

Use fewer phone features.

\$10

MONTHLY SAVINGS