

CUT BACK 'N' SAVE

STAY IN CONTROL

Don't shop when you're hungry, drunk or stoned. Before you go shopping, work out what you want first and make a shopping list - remember YOU have the power to stick to it!

IMAGINE...

What else could you do with the money?

MIX IT UP

Buy 'value' or 'own-product' brands of food and even clothing. Often the cheaper versions are made by the same companies anyway!



PRESSPAUSE

Wait 24 hours and see if you still want to spend on something. If you really still want it you can buy it, but waiting can help you to avoid quick decisions you may regret.



EAT FROM HOME

You can save over £100 a month by taking your own packed lunches, drinks and snacks out with you.



SHOP TOGETHER FOR OFFERS

If you shop with a friend, you can save money by buying in bulk or 'two for one' products.



LIMIT IT

Look at your weekly spending and decide where you can cut back by setting a limit - e.g. only £5 a week on phone credit.



BE A CLEVER CUSTOMER

Don't be afraid to take things back to the shop if they don't work; try to get discounts and shop around for the best deals.

IS IT WORTH IT?

Keep the things you really love, scrap or cut back on the things that don't bring you joy or that you won't really use. Stop buying one thing you wouldn't miss that much.



I WILL CUT BACK 'N' SAVE BY...