

**Pause for thought: a
three day wait for a big
purchase gives you time
to reflect- do you *really*
need it?**

**Train your cat to eat
the neighbours cat's
food and never buy cat
food again!**

**Buy fruit, veg & meat at
local markets rather
than supermarkets**

**Join the library –
borrow books, DVDs,
games and toys & use
the internet for free**

**Don't take your children
shopping with you-
if they're not with you
they won't hassle you for
things**

**Use vouchers or
money off coupons
– check online**

**Take lunches with you
when you go out for
the day**

**Make your own
popcorn to take to the
cinema & take your
own drinks in**

**Always use cash when
shopping so you can
control exactly what
you spend**

**Set up clothes-swaps
with friends and
neighbours, or at
school for the children**

**Shop around and
compare prices, and
keep an eye for special
offers**

**Use comparison
websites to find out the
cheapest gas, electric &
phone companies**

**Contact your energy
provider to see what
discounts or help you
might be entitled to**

**Turn off electrical
appliances when not in
use and don't leave
things on standby**

**Eat less meat - you can
find good veggie
recipes online or swap
with friends**

**Put on another jumper
and turn the heating
down!**

**Cut out all junk mail
and catalogues - it's
only temptation for you
and the children**

**Do a meal planner for
the week and only buy
what you need**

**Buy in bulk- it's often
cheaper. You can freeze
things and use them at
a later date**

**If you're out shopping,
don't touch things:
if you hold an item it's been
shown it's a lot harder to
resist buying it!**