

SavingsCOUNT

Being mindful of spending and saving can add up, in a good way! Below are 20 ideas – some big and some small, to help you reduce financial stress and feel financial freedom. Check off the ones you are doing and get started on the ones that are new!

CHALLENGES

Check financial account balances

Set a weekly budget for entertainment

Review retirement and investments

Learn about the EAP Financial Consultation benefit through EFR*

Turn off the lights

Unplug devices not in use

Program your thermostat to save energy

Walk or bike instead of drive

Use the library

Bring your lunch to work

Try a generic brand of an item you usually buy

Drive the speed limit to conserve fuel

Use cold water when washing clothes

Purchase whole, not pre-cut fruits and veggies

Check your credit score

Make coffee at home or work

Remove credit card information from online shopping sites

Wait 48 hours before you purchase something you don't need

Take your spare change to the bank

Set a savings goal for one month

Click here to learn more about financial consultation benefits.



EFR EMPLOYEE & FAMILY RESOURCES