



HOW TO MAKE AND USE A BUDGET

reevaluate what you actually need and what you can afford.

TIPS TO STAY ON BUDGET

- Use cash. It will help physically show you how much you are spending
 - For example, if you budget \$100 for groceries, then only bring \$100 with you to the store. It will stop you from impulse buying. Do not debit anything over your budgeted dollar amount from your checking account and do not pay using a credit card.
- Be realistic! Research your past spending habits to make your budget as realistic and accurate as possible.
 - Keep a list of everything you spend money on to help you stick with your current budget and help you when you need to make adjustments in the future.
- Remember that money is energy. Decide if the energy used to earn the money to pay for something is equal to what you are going to spend on it.
- If you're struggling to keep track of your spending, try a free smartphone app that will automatically track your spending, such as *ClarityMoney* or *Penny*.

Creating a budget and sticking to it can be hard,
but it is possible!



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SAVINGS



Savings are very important. They help you be prepared for the “unexpected” expenses such as:

- car repairs
- unexpected medical expenses



Most experts say you should have at least enough savings to cover six months of living expenses.



This 20% of your budget can also go to paying off more than the minimum balance on debt to pay balances down faster.



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(716) 332-4170
 info@parentnetworkwny.org
 www.parentnetworkwny.org



@ParentNetwork
@PNWNY