

Tips:

- Learning a few basic sewing skills can help you save money. (e.g., *hemming, mending, repair, sewing buttons*)
- Many adhesives, heat sensitive tapes and appliques are on the market to help you repair or restyle clothing without sewing skill.
- Always follow care instructions on the garment label. Your clothing will stay looking nice longer.
- Children can learn to help with care and repair of clothing as well as help find good buys that meet your needs.

For more information, contact your local UW-Extension Family Living staff.

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Family Living Programs

MM09: Looking Good Without Going Broke



Afford Healthy Food Choices with DOLLAR SENSE

How can I keep clothing costs down?

- Plan**
- Know what's needed and goes with what you have.
 - Know what you can spend.
- Buy:**
- Watch for sales.
 - Look for good used clothes and accessories at garage sales and resale shops.
- Trade:**
- Trade with friends
- Recycle /Create:**
- Update a garment
 - Make a child's outfit from an adult's
- Repair:**
- Use creative patches
 - Learn to hem
 - Sew on buttons

Looking good doesn't have to be costly!

How can I keep personal care costs down?

- 1. Learn to do it yourself:**
 - Trim your children's hair
 - Color or perm hair
- 2. Shop around for good deals**
 - Get low cost haircuts at a nearby technical college or cosmetology school
 - Buy economy sizes of shampoo, soaps, or cosmetics
- 3. Care for your clothing**
 - Hang up or air after wearings to cut down on laundry costs
 - Avoid garments needing dry cleaning
 - Store seasonal clothes carefully to avoid insect or moisture damage

If older children get an allowance, they can buy some of the clothing and care items they need.