

TIPS:

If what goes out is more than what comes in:

Can you get more money or resources?

Can you cut expenses?

Get the family together to help you decide.

“What do we really need?”

“What do we want?”

“What changes can we make?”

What expenses can we cut back on? How?

- Housing
- Food
- Transportation
- Health Care
- Clothing
- School
- Family Fun
- Savings
- Child Care
- Other

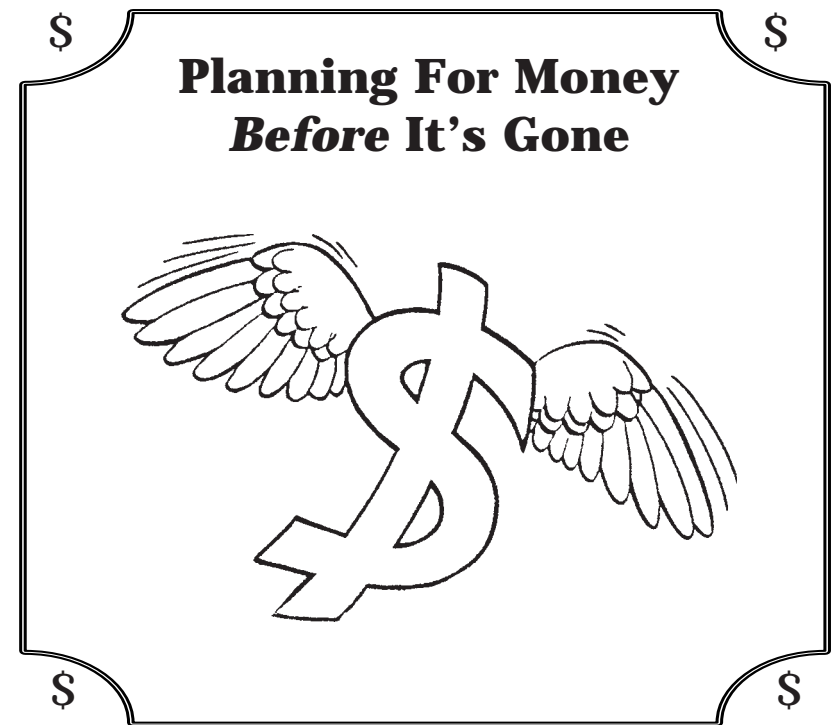
For help planning your spending, call your local UW-Extension Family Living staff.

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Family Living Programs

P01: Plan for Money



Afford Healthy Food Choices with DOLLAR SENSE

How do I get started?

First...

Think about money you have each month.

Wages/Salaries: \$ _____
 AFDC: _____
 Tips/Commissions/Overtime: _____
 Unemployment Compensation: _____
 Child Support and Alimony: _____
 Social Security: _____
 Other: _____

 Total \$ _____

THEN ...


Check other resources you use.


- Medical Assistance
- Earned Income Tax Credit (EITC)
- Food Stamps (amount) \$ _____
- WIC
- Commodity Foods
- Free/Reduced Price School Meals
- Food Pantry
- SHARE Program
- Food from Garden
- Energy Assistance \$ _____
- Day Care Assistance \$ _____
- Free Clothing, Furniture, etc.
- Housing Assistance
- Other: _____ \$ _____


(Fill in estimated dollar value each month.)


Next...


Where does the money go each month?


\$ _____  Home -
 rent, heat, utilities, phone,
 furniture


 \$ _____  Food -
 at home and eating out


 \$ _____  Transportation -
 car, gas, license, insurance, bus


 \$ _____  Health -
 doctors, dentist, prescriptions


 \$ _____  Clothing -
 diapers, shoes, laundry, haircuts

 \$ _____  School -
 fees, books, lessons

 \$ _____  Family Fun -
 cable TV, sports, movies,
 vacations, games of chance

 \$ _____  Savings -
 even a small amount can help

 \$ _____  Child Care - child support

 \$ _____  Other -
 church, gifts, pets, work
 expenses

 \$ _____ Total Expenses