

Tips:

- Find ways to keep car miles down, such as combining trips.
- As one working mom says, “I buy most of my work clothes at the resale shop and they are nice clothes. I go for the bargain, half-price day.”
- If your family qualifies, fill out a W-5 at work and receive ADVANCE Earned Income Tax Credit (EITC) in each paycheck. Call 1-800-TAX-1040 for more information.
- For help planning your spending, contact your local UW-Extension Family Living staff.

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COOPERATIVE
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Family Living Programs

P08: Planning for Work Related Expenses



Afford Healthy Food Choices with DOLLAR SENSE

How can I keep the costs of going to work down?

For Child Care:

Good child care is important for your child's well-being so select carefully. Try these tips to save money:



- Look for child care near where you work.
- Trade child care with friends or family.
- Ask about county social service programs to help with child care costs.
- File for child care tax deductions on income tax form.
- Check on after-school and community programs for school-age children.

For Transportation:



- Use buses when available.
- Walk or ride a bike when possible.
- Join or organize a carpool.
- Find a job with the least amount of travel.
- Compare insurance rates.
- Consider a small economy car.

For Clothing:



- Read and follow clothing care labels so your clothes last longer.
- Avoid clothes that need drycleaning.
- Find easy care clothes.
- Hang up and air clothes between wearings.
- Line dry clothes when possible.
- When you buy something, make sure it fits.
- Shop at discount stores, resale shops, and garage sales.
- Exchange clothes with friends.

For Food:



- Pack lunches and save.
- Make your own convenience foods. Many are cheaper than commercial products and are easy to prepare.
- Check to see if your children qualify for free or reduced price school lunch.
- Check on SHARE or food buying clubs.
- Plan meals that are quick to fix.
- Plan your grocery shopping to save trips to the store.
- Limit use of vending machines.