

**If you can't increase income, reduce spending!**

✓ If an option for you	Strategies for cutting expenses and other uses of financial resources	Additional information or resources you need to access this information	Estimate \$ value of spending cut you select
<b>Cut back on regular (recurring expenses)</b>			
	Television	Check with your provider about bundling and lower cost plans or discontinue cable.	
	Internet	Check with your provider about bundling and lower cost plans.	
	Phone	Check if you qualify for a "Lifeline" phone rate. <sup>23</sup>	
	Other:		
<b>Get rid of regular (recurring) expenses</b>			
	Online Video Membership		
	Discount Store Membership if not using regularly		
	Gym/Health Club Membership (if not using)		
	Other:		
<b>Avoid Fees</b>			
	Review financial services <sup>1</sup>	<p><i>Could you switch to a no-fee or lower-fee account?</i></p> <p><i>Are you paying to cash your checks?</i></p> <p><i>Are you paying maintenance fees on checking or savings accounts?<sup>2</sup></i></p> <p><i>Are you paying ATM fees?</i></p> <p><i>Do you pay overdraft fees? Are you paying annual fees for credit cards?</i></p> <p><i>Know the fees you are paying for your loans.</i></p>	
	Pay bills and fines like parking tickets on time.	<i>Parking tickets and other fines cost more if you pay them late.</i>	
	Return library materials, rented DVDs, etc. on time.		
	Renew license and registration on time.		
	Other:		
<b>Other</b>			
	Negotiate a new due date for bills to make them easier to handle in cash flow.		
	Avoid or cut back on eating out.	<p><i>Cut one meal out per month.</i></p> <p><i>If you buy or go out to lunch at work, could you save if you bring it instead?</i></p> <p><i>Find dinner/ happy hour specials</i></p>	
	Avoid buying coffee or soda out.		

<sup>1</sup> Go to [www.bankonmemphis.org](http://www.bankonmemphis.org) to calculate how much you can save by avoiding alternative financial services like check cashing, money orders

<sup>2</sup> Several Bank On Memphis Financial Providers waive fees for use of direct deposit. You should not be paying anything to have a checking account