

Where Does Your Money Go?
Spending-Savings Plan Worksheet

WHAT IS YOUR INCOME?

<p>Directions: List the amount of income in the column that reflects how often you are paid. Determine the total monthly amount received from each income source. Record that amount in the Total column. Add all amounts in the Total column for your monthly income.</p>	Source of Income	Weekly Amount (x 4)	Every Two Weeks Amount (x 2)	Monthly Amount (x1)	Total
	Wages				
	Child Support Payment				
	Social Security				
	Unemployment Benefits				
	Food Stamps				
	Additional Income				
Total Income for the Month					

WHAT REGULAR EXPENSES DO YOU HAVE EACH MONTH?

<p>Plan to save a portion of your income each month.</p>	<p>Savings</p>	<p>How much can you save each week?</p>	<p>Total Saved Each Month</p>	
<p>“Housing” refers to: Mortgage payment, rent, lease, etc.</p> <p>Blank spaces can be used for additional expenses such as: rent-to-own contracts, cell phone, additional credit cards, etc.</p>		Due Date	Amount Due	Amount Paid
	Housing			
	Car			
	Insurance			
	Heat/Gas			
	Electric			
	Water/Sewage			
	Phone			
	Garbage			
	Cable/TV			
	Support payment			
	Credit card			
Total Regular Monthly Expenses				

EXPENSES CONTROLLED BY YOU

<p>The amount spent in each of these categories reflects the choices made at the time of purchase.</p> <p>Did you buy what you needed or give in to your wants?</p> <ul style="list-style-type: none"> • Plan ahead for expenses. • Buy what you <u>need</u>. • If you go over your planned amount how will you make up the difference? • Did you make any impulse buys? 	Expense Category	Weekly Amount Planned	Monthly Amount Planned	Monthly Amount Spent
	Food: groceries, dining out, school lunch			
	Transportation			
	Household			
	Furnishings			
	Clothing			
	Personal & Recreation			
	Medical			
	Education			
	Special Expenses			
Total Amount Spent on Controllable Expenses				

OCCASIONAL EXPENSES

Some expenses come once or twice a year, but they still need to be planned so money is available for them. These might include birthdays, holidays, back-to-school expenses, license plates, oil changes, car expenses, etc.	Monthly Amount Needed

SPENDING-SAVINGS PLAN SUMMARY

<p>If the "What's Left" amount is positive, GREAT! Keep making good choices. If "What's Left" is a negative number, then you have three choices:</p> <ol style="list-style-type: none"> 1. Increase income 2. Reduce expenses 3. Some of both 1 & 2 	Total Monthly Income	
	Subtract Total Saved Each Month	-
	Subtotal	
	Subtract Total Monthly Regular Expenses	-
	Subtotal	
	Subtract Total Monthly Controllable Expenses	-
	Subtotal	
	Subtract amount needed for Occasional Expenses	-
	What's Left	

Grocery Shopping on a Budget



Gas prices aren't the only thing rising, the cost of food is as well. It can be difficult to make healthy choices when you're on a budget. The following tips are some ways to help make your grocery trip a little easier and lighter on your wallet!

- Plan ahead by making menus and a list. If you're wandering down each aisle of the store without a plan of action, you will surely overspend on foods that aren't necessary. Try to plan menus for the upcoming week and make a list of food that is needed for those meals and snacks.
- Don't go hungry! If you're hungry while you're grocery shopping, that hunger will influence what you buy and you may end up with more than you can afford.
- Stick to the perimeter. Choose foods from the outer aisles of your grocery store as they are mostly fresh produce, meats, dairy and breads. Load up your cart with these foods before hitting the middle aisles. The interior aisles typically contain more processed and convenience foods.
- Use coupons and reward cards. You can certainly save some money by clipping coupons but make sure you're not buying foods only because there is a coupon, especially if it's something you don't need. Use coupons as well as your store's reward card for extra savings that are not offered to 'non-members.'
- Buy store brands. These brands, also known as 'private labels' are usually identical to the brand name but much cheaper. Most name brand products are stocked at eye level but the products stocked lower or higher on the shelves are just as good.

Purdue Extension

Knowledge to Go

1-888-EXT-INFO

- Buy on sale and in bulk. Look for sales on shelf-stable items and other products you use regularly. Buying in bulk is cheaper, but only if you have the storage space and will be using it before it spoils and has to be thrown out.
- Compare unit prices. Use the 'unit price' to compare brands and see which is really cheaper. Most stores show the unit price on the shelf tag, so check that out to get more for your money.
- Keep your food safe and prevent waste. Use the dates to select the freshest items at the store. Visit the cold/frozen food section last so those items aren't in your cart as long. Put them away first when you get home. When stocking foods at home, use older items first.
- Shop seasonally and locally. Fresh produce is usually much cheaper when it's in season. Go to a local farmer's market to get fruits and vegetables that are fresh and haven't traveled a long distance.

Vickie J. Hadley, CFCS
Purdue Extension, Allen County
November 7, 2008

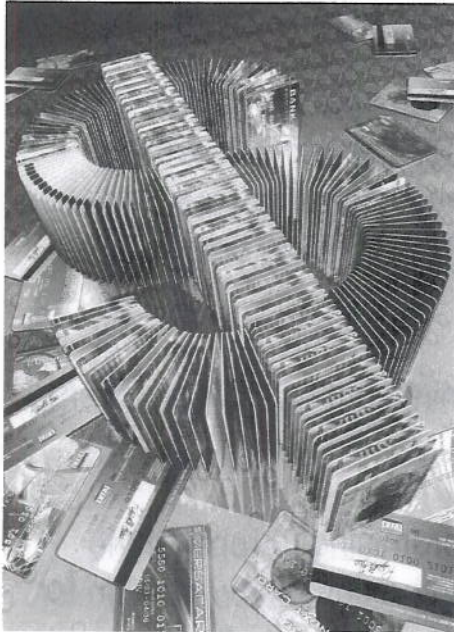
PURDUE EXTENSION

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.



Order or download materials at the *Purdue Extension Education Store* • www.extension.purdue.edu/new

Money Traps – Don't Get Caught



If money is tight right now, you may be considering using credit to pay for items. Don't get caught by one of these money traps!

1. Paycheck Loans – borrowing against your future paycheck using a personal check as collateral or security. State laws limit the fee that can be charged. If the consumer is unable to repay the loan on payday, he or she will have to pay for each extension of the loan. A loan for less than \$200 for two weeks could result in a 396% APR.
2. Tax-refund loans – short-term loan with a high interest rate. The tax preparer gives you part of your income tax refund on the day you file, and you turn over the total amount of the refund when it is processed by the government. If the consumer receives \$700 of a \$750 tax refund, the fee is \$50. If the loan is for one month, that equals an APR of 85%.
3. Car Title Loans – in exchange for giving up your car title and essential personal information, the car title loan company usually lends up to 1/3 the wholesale value of the auto. If the loan is not repaid on time, the auto is taken and sold. Some states have laws that limit the amount of interest charged. Car title loans are not permitted in Indiana.
4. Check-cashing charges and money orders – Indiana law limits the check-cashing fee to \$5 or 10 percent of the amount of the check. To cash weekly paychecks at \$5/week equals \$250/year. To buy four money orders each month at \$1/each equals \$50/year. A thrifty or economy

Purdue Extension

Knowledge to Go

1-888-EXT-INFO

checking plan checking account may cost \$5 per month, plus \$.25 per check, for a total cost of about \$72.50/year.

5. Bounced checks and late payment fees – these fees can vary. Know what the bank and merchant charge. Know your bank's check-clearing policies.
6. Advanced-fee loans by telephone, mail, or on the Internet – often these are scams. Don't borrow money unless you see the terms in writing. Don't give personal information over the phone, especially your Social Security number. Find out how much the 900 number will cost you, it could be \$5/minute or more.
7. High-interest credit cards – making only the minimum monthly payments will double the total cost of the item financed.
8. Co-signing – signing a loan with a borrower, promising to repay if the borrower defaults. It will show up on your credit record if you co-sign for someone else who defaults on the loan, unless you pay it off.
9. Rent to own – consumers rent new or used items by the week or month. After renting for a stated time, you will own the item. This is a very expensive way to buy, and you may end up paying two to four times the amount it would cost to purchase the merchandise in other ways. Costs add up from delivery fees, late-payment fees, pick-up fees, a liability waiver (similar to insurance), sales tax, and sometimes contract reinstatement.

Deanna Franklin, M.S.
Purdue University Extension – Vigo County
November 14, 2008

PURDUE EXTENSION

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.