

20 Ways to Save Money in a Month

Saving money can feel difficult, especially **during periods of inflation**. But controlling small habits can help you save significantly. These 20 practical financial strategies can help you reduce expenses and save money within a month.

Making Purchases in Bulk

Buying in bulk is usually cheaper. Stores like Costco, Bulk Mart, and Bulk Barn have lower prices than the grocery stores like Sobeys, Food Basics, and No Frill. You can buy everything in bulk these days from fruits and vegetables to frozen ready-to-eat lunches.

Use Reusable Bags

We all have many reusable bags, in our cars, and at home. Every time we go shopping, we forget to bring our bags and buy new ones. Remember to bring the reusable bags. Every cent counts!

Make a List

Before heading to the store, you should **make a monthly budget and list** of what you need and what you will get. You could also look at the flyers of all grocery stores, and compare which is cheaper at what location. This way you don't add any items in your cart which you do not need.

Preparing Your Meal

Preparing meals saves both time and money by reducing the need to eat out or order takeout or order food which can drain your bank account. Preparing your own food is also much healthier.

Reduce Your Rent

If you are renting an apartment, consider relocating to a different location, or a smaller apartment. You can also consider living with friends or family to save more money.

Saving Account

To increase your savings, open a savings account, preferably one with a higher interest rate. Also consider sending a percentage of your savings to your savings account.

Make a Budget

Making a Budget should be the top priority when it comes to saving money. When you are saving money, you need to know how much is going in and how much is going out of your bank account.

Cancel Memberships

Are you going to the gym? Or are you just paying for its membership? Gym membership is at least \$100 per month.

If you are paying for it and not going, then there are other options or you can cancel it or freeze the membership.

Considering. It is the summertime, you can always go on walks in the park, or **you can always work out at home**. Give it a try!

Cancel Subscriptions

Are you subscribed to Netflix? How often do you use it? Unused Subscription are draining your account

Subscriptions such as **Amazon Prime and Netflix are draining your account**.

Maximum Netflix subscription costs \$23, and Amazon Prime costs about \$112 per year.

You spend \$276 per year on Netflix and if you are not using them, you could always freeze or cancel these subscriptions.

Save on Transportation

Transportation costs increase rapidly. Consider spending less on Uber, Lyft, and gas.

Start taking public transportation like the bus or biking to work or school.

Save Money on Water

According to a **survey which occurred in 2015, about 19 % of regularly drink bottled water**. Instead of spending money on water bottles, drink water from home. You can also get a water bottle from Walmart and fill it up and purchase a filter if you need to.

Turn Off the Lights

Turn off the lights every time you leave a room. Keeping the lights on increases the utility bills.

LED Light Bulbs

LED light bulbs use about **70% less energy** than traditional light bulbs. and can **last more than 25 times longer**. This would mean you are saving money on your electricity bill.

Do It Yourself (DIY)

You can save money by doing it yourself. Whether it is arranging a birthday party or changing the tiles on the washroom floor. You could watch YouTube videos as well as get help from family and friends.

Off Peak Hours

Use all appliances during Off Peak hours to reduce the monthly bill. Power companies **charge lower rates during the evening after 7 pm**. So, consider doing the household chores at night.

No Spend Money

Do you want the best way to save money? If you said not to spend it, you are right.

We waste so much money on things we don't need, that is like spending about \$200 to \$300 per month. We spend money on shopping, eating out, or going to the parlor.

So, **try and spend a month with home cooked food instead of eating out**, which would not only reduce your weight, but it will also improve your lifestyle as well. Here's a challenge Not spending any money for a month, and we will see how much you saved at the end of the month!

Unplug Devices

Do you Unplug you Devices? Your devices such as chargers and tv also keep using and charging power when you are not using them. **Unplugging your devices** might look like a small thing, but it can make a great difference.

Thrift Stores

Where do you do your shopping from? There is absolutely no problem in selling your clothes to thrift store, if they are just in the closet. There is also nothing wrong with buying new and used clothes if you need them. It is often considered to be a money saver option as well as getting great items at a lower price.

Make Your Own Coffee

Buying your own coffee costs at least \$3 before and after work, and when you purchase it for a month, it will be at least \$60 **per month** just for a cup of caffeine and let's not add the cost of gas which is being added.

The better idea I would recommend to you is to buy a coffee maker, coffee beans and be your own coffee cafe or you can try to cut out coffee for a month.

Selling Gift Cards

We all have gift cards sitting in our wallet, when we are not going to be going shopping. Gift cards can be sold on websites like Card cash. So, we can sell those gift cards and earn extra money.

Saving Money expects changes such as budgeting carefully, reducing subscriptions, preparing meals at home, and limiting unnecessary spending can be directed to financial stability. Financial stability is caused by consistency and smarter financial habits.