

30 SMART MONEY-SAVING IDEAS

Are you ready to jump-start your savings? Check out our top tips to boost your savings and transform your financial health.



Save on your groceries

- Go through your pantry and build meals around what you have left over before you shop for more.
- Plan out your meals for the week before you do your grocery shop and stick to the shopping list.
- Buy fruit and vegetables that are in season.
- If you get tempted by impulse purchases in-store, consider buying online so you can click and collect.
- Find store brand swaps for more expensive brand name items.
- Replace some meat-based meals with plant-based meals.
- If you have the space, explore growing your own herbs and vegetables at home.



Reduce your bills

- Get in touch with your bank or lender to see if they can reduce fees and interest rates on any loans.
- Compare your fees and interest rates to other banks or lenders and see if refinancing to a lower rate is an option.
- Set up a reminder to compare insurance policies from different providers before they are due. This includes: health, car, home and contents, and life insurance. Excess amounts, inclusions, and your past track record can all have an impact on how much you pay.
- Compare rates and deals across different utility providers for services such as electricity, gas, and internet connection. You can use this information to negotiate a better deal with your current provider or make the switch.



Cut down general expenses

- Review your subscriptions and decide whether you need each service. For those you want to keep, explore free alternatives or switch to a more cost-effective plan. Some examples of subscriptions to review include:
 - a. TV/movie streaming services
 - b. Music streaming services
 - c. Audiobooks or paid podcasts
 - d. Subscription boxes
 - e. Health and fitness apps
- Make your personal grooming dollars stretch further by spacing out appointments, considering DIY options, and switching to a low-maintenance routine.
- Consider other cost-effective ways to keep your fitness in check. You can replace high-priced gym memberships by getting outdoors with a friend, trying online apps, or switching to a lower-cost gym.
- Reduce your clothing expenses by trying a 'no new clothes' challenge where you avoid buying anything new for a set period of time. You can borrow and swap with friends, hire clothes for special occasions, or get acquainted with your local op shop.
- Look at budget-friendly entertainment ideas and see what works for you without feeling like you're missing out. Ideas include picnics at the park, exercising with friends, going on bike rides, checking out free community-based events, and keeping an eye out for deals on sites such as [Groupon](#) and [Cudo](#).

Resist temptation

- Unsubscribe to emails, opt-out of text messages, and unfollow the accounts of businesses and brands you don't need to buy from.
- Buy online where possible and limit in-store visits.
- Be aware of any emotional triggers that may lead to impulse shopping and find another activity to replace the urge to shop.
- Leave online shopping items in the cart until after you've slept on it and are sure you want to go ahead.
- Find an accountability partner that you can check in with regularly to help keep you on track and provide motivation when you need it.
- Keep a visual reminder of your goals and review them regularly.
- When you get paid, put your savings into a separate account first before spending on other items.
- Set aside periodic budget reviews so you can track your spending and see how you're progressing.
- Gamify your savings plan by setting yourself challenges, joining forces with a friend, and rewarding yourself for reaching smaller goals.



Explore other sources of income

- Sell unwanted or unused items on sites such as Facebook Marketplace or [Gumtree](#).
- Use cash rewards programs such as [ShopBack](#) or [Cashrewards](#) when shopping online.
- Participate in paid market research.
- Pick up gigs on [Airtasker](#) such as dog walking, cleaning, or transcribing.
- Rent out assets such as your granny flat, car space, or baby gear.



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