



Welcome To Food Families!





Money Sense Module 7



So...?

- What was your favourite Collective Kitchen recipe?
- What new tactic has helped you save the most money so far in the program?



Agenda

- Exploring Your Relationship With Money
- Giving Every Dollar A Job
- Setting “Laura’s” Budget
- Developing Your Own Budget
- Stretching Your Budget



Icebreaker

- “Bringing Home The Bacon”
- Or
- “Find Someone Who”



Exploring Your Relationship With Money

- Take some time to answer these interesting questions about you and money



Prioritization And Decision Making

Imagine you had a free afternoon.

How would you spend it?



Prioritization And Decision Making

Money is no different than time... it is finite.

GIVE EVERY DOLLAR A JOB!



What are some of the potential priorities for your money?

Let's make a list of some of the "jobs" your money might need to have each month.



“Laura’s” Story

Read Laura’s situation and, in pairs, begin to put a budget together for her upcoming month.

- What will you prioritize?
- What happens if something changes?



Budgeting – What Is It?

How would you define “budget”?



Budgeting – What Is It?

1. A way to keep track of your money
1. A summary of income and expenses over a period of time
1. A tool that tells you how much money you have, how much you need, and what you spend your money on



Budgeting – What's The Point?

- Why should one budget?
- What's the point?

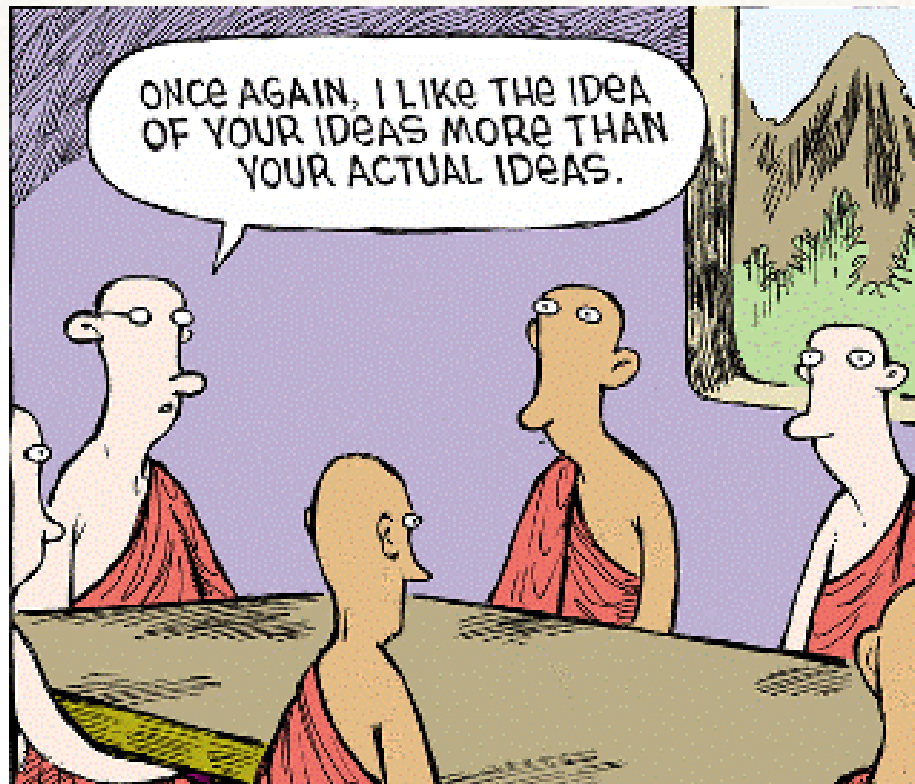


Budgeting – What's The Point?

- Awareness of how/where you spend
- Find ways to spend less
- Take control of finances and feel more confident
- Pay your bills on time and avoid fees
- Reduce some stress around money
- Pay off debt
- Spend money on things important to you



Stretching Your Budget





Stretching Your Budget

- What ideas do you have for stretching your dollars each month?



Stretching Your Budget

1. Watch for unit costs
1. Beware of the cell phone
1. Find ways to save on utilities
1. Change your approach to gift giving



Questions





What was the most helpful concept expressed today?

Finish your budget for next month.

Check out Family Service Thames Valley.