

# 100 Money Saving Tips For A Tight South African Budget

cheap people".

## These tips compiled by Debt Rescue offer a comprehensive guide to saving money across various expense categories. Here's a summarised version for quick reference.

#### Food & Groceries:

- Buy generic brands.
- Shop at discount stores.
- Purchase items in bulk.
- Use coupons and discount codes.
- Cook at home.
- Plan meals around sales.
- Buy produce in season.
- Limit dining out.
- Freeze leftovers.
- Avoid impulse purchases.

#### Housing & Utilities:

- Downsize your living space.
- Negotiate rent or mortgage rates.
- Get a roommate.
- Turn off lights when not needed.
- Install energy-efficient bulbs.
- Unplug electronics when not in use.
- Use a programmable thermostat.
- Air-dry clothes.
- Insulate your home.
- Refinance your mortgage.

#### **Transportation:**

- Walk or bike instead of driving.
- Use public transportation.
- Carpool.
- Plan and combine trips.
- Maintain your vehicle regularly.
- Buy a used car.
- Sell your car and use car-sharing services.
- Compare car insurance rates every 12 months.

#### Entertainment & Leisure:

- Cancel streaming services or satellite TV.
- Utilize free entertainment (parks, board games).
- Attend free community events.
- Have a movie night at home instead.
- Visit museums on free days.

- Exercise outdoors or at home.
- Borrow books instead of buying.
- Do DIY projects.
- Host potlucks instead of dining out.

#### Health & Personal Care:

- Buy generic medications.
- Practice preventive care.
- Exercise regularly to avoid health issues.
- Cut your own hair or learn beauty care at home.
- Limit salon and spa visits.
- Purchase beauty products on sale.
- Utilize free or low-cost clinics.

#### Technology & Communications:

- Downgrade your phone plan.
- Use free Wi-Fi.
- Cancel landline service.
- Buy refurbished electronics.
- Sell old gadgets.
- Limit app and software purchases.

#### **Shopping & Clothing:**

- Shop at thrift stores.
- Buy clothes off-season.
- Repair instead of replacing.
- Limit the purchase of new gadgets.
- Participate in clothing swaps.
- Only buy what you need.
- Avoid fashion trends.
- Buy durable, not disposable.
- Wait for sales events for big purchases.
- Implement the 30-day rule for non-essential purchases.

#### Banking & Finance:

- Open a high-interest savings account.
- Set up automatic transfers to savings.
- Avoid ATM fees.
- Use cash-back credit cards responsibly.
- Set a budget and stick to it.
- Avoid late fees by paying bills on time.
- Invest in low-cost index funds.
- Set financial goals.
- Learn about personal finance.
- Claim all eligible tax deductions and credits.
- File taxes early to get refunds sooner.

#### **Credit and Loans:**

- Pay off high-interest debts first.
- Avoid payday loans.
- Consider debt review.
- Negotiate interest rates with creditors.

#### **Education & Career:**

- Take advantage of free online courses.
- Apply for scholarships and grants.
- Consider apprenticeships or vocational training.
- Network and attend free career events.

#### Insurance:

- Shop around for the best insurance rates.
- Increase deductibles to lower premiums.
- Bundle insurance policies.
- Only buy the insurance you need.

#### Travel:

- Plan stay-cations instead of vacations.
- Use rideshare apps instead of renting cars.
- Limit spending on eating out and pack a lunch instead.

### Gifts:

- Make gifts instead of buying.
- Set spending limits with family and friends.

#### **General Savings:**

- Create a budget.
- Track every expense.
- Sell unnecessary belongings.

Prioritize needs over wants.