

College of Agricultural, Consumer and Environmental Sciences

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Living Well with Inflation

Discovering Spending Leaks and Ways to Stop Them

Beatriz Favela, LCSW
Family and Consumer Sciences Agent
Doña Ana County

The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.

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Where is my money going?

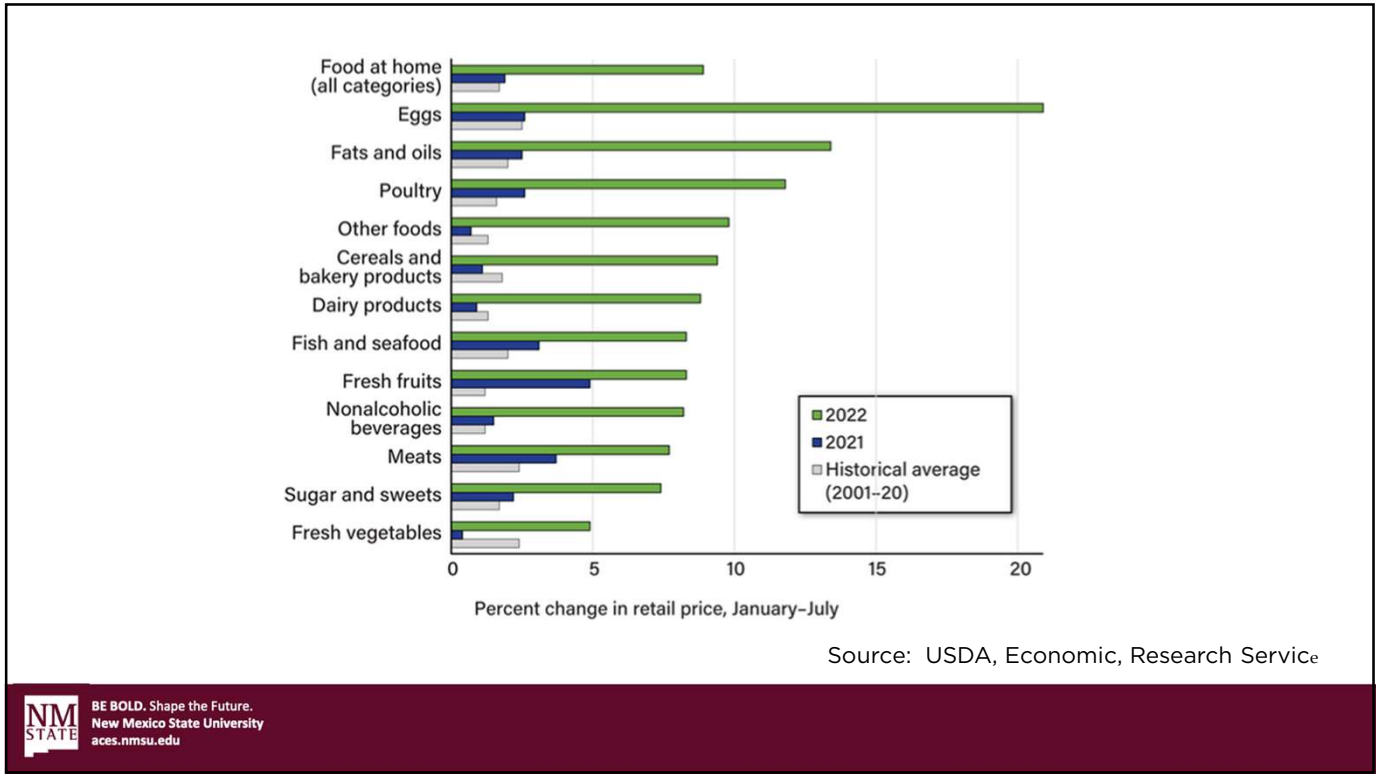
On average Americans wastes approximately \$18,000 per year

New York Post



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Food

- Make a meal plan each week
- Make a list
- Don't toss leftovers
- Can we eat healthy on a budget?
- Reduce the times you eat out

Name Brand VS Generics



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Subscriptions or Memberships Overload?

- Online subscriptions
 - “Free trial”
- Gym membership
- Newspaper and Magazines
- Cable
- Delivery Services



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Sales

- ✓ Is it a real sale/good deal?
- ✓ Do you need it?
- ✓ Need vs want
- ✓ Can you afford it?



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Electricity



Electricity

- ✓Unplug everything before you leave the house
- ✓When something is fully charged, stop charging it
- ✓Use a smart power strip
- ✓Turn Off Your Lights



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Gasoline

Gasoline

- ✓ Fill up on the cheapest day of the week
- ✓ Find the best price with a gas app
- ✓ Use a gas rewards card
- ✓ Plan out your routes
- ✓ Keep tires and engine in good shape



GasBuddy

Gasbuddy.com



Gas Guru: Cheap Gas Prices (4+)

Get the best gas prices nearby
[YELLOWPAGES.COM LLC](https://www.yellowpages.com)

★★★★★ 3.1 - 2.5K Ratings

Free

FuelEconomy.gov



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Thank you!

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NEXT WEEK!

**Saving on Household Expenses and
 Managing Debt**



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