

2 Hidden Ways You Might Be Losing Money

84% of U.S. adults report feeling stressed about money.

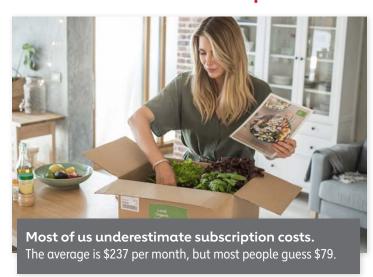
These tips can help you save more and feel better.

Stop food waste and save on groceries



- Before you shop, see what you already have.
- ✓ Use a shopping list.
- ✓ Don't shop on an empty stomach.
- Look for the sales, especially on produce.
- ☑ Store brands are usually cheaper.
- Frozen or canned fruit and veggies often cost less.

Stop the subscription creep



Ask: "Is it really a necessity?" "Will it make me happier and healthier?"

CANCEL	"Not using it" "High Cost, hardly used"
RECONSIDER	"Low cost, hardly used"
KEEP	"Highly used and valued"

- Set a reminder to cancel new services before they charge or renew.
- Don't forget about subscriptions for music, gaming, dating, meal kits, pet supplies or cloud storage.