

THIS YEAR, FIND AN EXTRA

THESE DAYS, IT SEEMS LIKE EVERYONE COULD USE A FEW EXTRA DOLLARS. DID YOU KNOW THERE MIGHT BE A CACHE OF CASH IN YOUR BUDGET?

SAVINGS ARE ADDING UP:

CANADIANS HAVE APPROXIMATELY \$60 BILLION SHELTERED IN BANK ACCOUNTS.

WITH RECENT ECONOMIC UNCERTAINTY, CANADIANS ARE FOCUSED ON SPENDING LESS AND SAVING MORE. THE SAVINGS RATE AT MIDYEAR FOR CANADIANS WAS 4.5 PER CENT, COMPARED TO THE PRIOR YEAR'S 3.5 PER CENT SAVINGS RATE. IN THIS PAST YEAR, THE AMOUNT OF MONEY IN BANK DEPOSITS SURGED 22.4 PER CENT, A HUGE JUMP COMPARED TO THE USUAL ANNUAL INCREASE IN SAVINGS AND CHEQUING ACCOUNT BALANCES OF 3 TO 4 PER CENT.

SOURCE: THE GLOBE AND MAIL

WE ARE NOW ON COURSE TO HEALTHIER FINANCIAL MANAGEMENT, WHICH MEANS MORE PEACE OF MIND.

GET A BUDGET—KNOW WHERE YOUR MONEY IS GOING

By analyzing what you spend and how you spend it, you'll find money that is not being put to good use.

Know where you stand: A budget helps to identify whether you are living within your means by comparing your spending to your income. A budget will show you where you could cut your expenses and where to best reallocate that money.

Know where you are going: Once you know what your lifestyle costs, you can determine how much you will need to save for future events and emergencies. Evaluate your budget often. It will help remind you of your plan, keep track of your progress and motivate you to keep working toward reaching your goals.

RESEARCH OPTIONS—KNOW WHAT THINGS COST

By becoming informed about the product you want, you will be able to make a more educated purchasing decision.

Purchase with confidence: Be assured in what you are buying by thoroughly researching how much the product should cost before making the big purchase.

Read product reviews: To make sure that you get a quality product that meets your needs, read what others who own the product you want are saying. Consider waiting a few weeks to make your purchase until you find a coupon or rebate, or wait until the product goes on sale to get the best deal.

NEGOTIATE—KNOW HOW TO MAKE DEALS

Negotiating is a great way to save money, as long as you use it to purchase items you truly need. Don't buy things because you were able to get a good deal on them.

Decide the maximum amount you are willing to pay. If the price, terms or risk is too high, reevaluate. Most salespeople can sense the "got to have it now" buyer.

Talk to the right person: Always make sure the person with whom you're negotiating has the power to bargain. An unqualified person may not know the price is negotiable. Do your research ahead of time, and you'll know what a good deal looks like.

THIRTY PER CENT OF ELIGIBLE CONSUMERS FAILED TO APPLY FOR PRODUCT REBATES.

TWENTY-ONE PER CENT OF THOSE WHO DID APPLY NEVER RECEIVED A REBATE (TURNED DOWN DUE TO TECHNICALITY OR DIDN'T FOLLOW UP).

HERE ARE SOME WAYS YOU CAN STASH MORE CASH IN 2010:

Property Tax Adjustment <i>Lower home values mean lower taxes; also check to make sure you are not over-insured.</i>	\$147
Bundle home and auto insurance <i>Save big by using the same provider for home, auto and life insurance.</i>	\$400
Select a higher deductible for auto and home insurance <i>Lower your premiums by choosing a higher deductible.</i>	\$150
Bundle cable, phone and Internet <i>Get more services from one company and save; but be sure to only get what you need.</i>	\$240
Reevaluate your mobile phone plan <i>Check your bill for the past few months to see if you can drop down a level.</i>	\$240
Maintain bank account and avoid fees <i>Paying your bills online increases awareness of your account activity.</i>	\$84
Put money into savings <i>Set aside \$50 each month; you'll be surprised on how quickly it adds up.</i>	\$600
Save your loose change <i>Average \$0.50 a day; it's likely you won't miss it anyway.</i>	\$180
Use a Flexible Spending Account <i>Many employers offer this benefit to prepay for out-of-pocket medical expenses before tax.</i>	\$250
Bring lunch to work <i>It costs \$3/day or less to bring food from home vs. \$6/day or more for takeout.</i>	\$780
Eat out two fewer times/month <i>Make dinner at home instead of eating out, and watch the savings add up.</i>	\$360
Pass on the beverages while dining out <i>Some restaurants sell wine at a 575 per cent markup and more for soft drinks, juices and coffee.</i>	\$100
Bottle your own water <i>Be kind to the earth and save up to \$2/day; get a Bisphenol A (BPA)-free water bottle and a filtration system.</i>	\$730
Brew coffee at home vs. stopping at a coffee shop <i>The ambiance of java retailers can be very costly.</i>	\$1,156
Buy what's on sale at the grocery store <i>Check the weekly ads for specials and seasonal discounts.</i>	\$1,000
Use coupons for groceries and dining out <i>Take a few moments to check publications and websites for cash-saving coupons.</i>	\$2,000
Buy at the dollar store instead of the local drug or convenience store <i>Best buys at the dollar store are cleaning supplies, gift wrap, snacks and shampoo.</i>	\$200
Carpool to work <i>Reduce fuel costs, wear and tear, and traffic congestion, help the environment and enjoy the company of others.</i>	\$520
Slow down and save gas <i>Speeds above 90 km/h reduce gas mileage by 20 per cent; plus you lose another 10 per cent when your windows are down.</i>	\$200
Change your own car oil <i>Cut costs, control the quality of oil and use the opportunity to do a quick check of your car.</i>	\$100
Air dry clothes instead of using a dryer <i>For every hour your dryer is on, \$1 is lost along with that pesky sock.</i>	\$312
Lower the temperature on your water heater <i>Switch from 60 to 49 degrees, and you'll get a reward with little sacrifice.</i>	\$50
Lower/raise your thermostat <i>Adjust the temperature by 10 per cent while you are at work, and save while you are sleeping.</i>	\$260
Save water by turning off the tap <i>Turn off the tap while doing dishes and brushing your teeth, and make more than just bubbles.</i>	\$50
Skip the pet groomer: save money and bond with Fido! <i>Teeth Brushing (\$11/mo), Ear Cleaning (\$9/mo), Nail Trim (\$9/mo), Bath (\$10/mo), Trim/Haircut (\$25/mo).</i>	\$768
Buy generic vs. brand name pet food <i>Often you will find an option with the same nutrients and ingredients as the premium brands.</i>	\$360
Hold off on the newest released flicks <i>Save about \$8/movie when they are released at a discount theatre or on DVD.</i>	\$96
Skip the popcorn at the movies <i>If you do go to the theatre, eat first so you don't spend on expensive treats.</i>	\$72
Exercise at home or outside instead of at a gym <i>Save yourself the hassle of waiting in line at the gym, while saving money.</i>	\$360
Mani/pedi at home vs. salon <i>Make a small investment for your own supply and pamper yourself anytime you want.</i>	\$300
Extend hair salon visits to every eight vs. six weeks: <i>By pushing your appointments out by just two weeks, you'll reap big rewards.</i>	
Women: cut and colour	\$260
Men: cut	\$80
Cancel magazine subscriptions <i>If you still desire to read them, see if they are available at the local library.</i>	\$25
Negotiate the price on a car <i>Get a great deal by considering a pre-owned car, and shop around for the best price.</i>	\$500
Sell unused household items <i>If you haven't used it in two years, you can do without it; sell unused items online or have a garage sale.</i>	\$800
Donate household items <i>Donate anything that doesn't sell, and take the charitable tax deduction.</i>	\$500
Maximize all tax deductions <i>Paying a professional to make sure you take advantage of all eligible deductions can make a huge impact.</i>	\$1,300

Total:

\$15,530

