

Budget

Planning

House

Food

Car

Health

STRETCHING YOUR DOLLARS DURING COVID

Do you feel like you do not have enough money to pay your bills? Planning and budgeting are tools you can use to determine which expenses you can remove from your budget. Below are ideas to help you save money.



MAKE YOUR OWN SANITIZING SOLUTION

Depending on where you live, hand sanitizer and disinfectant wipes might be difficult to find. Purchase a spray bottle or container of baby wipes and add this solution to sanitize food contact surfaces: 1 tablespoon of bleach per 1 gallon of water.

<https://www.dhhs.nh.gov/dphs/holu/documents/hom-sani.pdf>



PLAN YOUR MEALS

Cooking a large batch of beans, beef or fish can last a couple of meals. One day you can have the protein with sides. Another day the protein can be used in a salad or tacos. Create a list before you start grocery shopping.

<https://www.tasteofhome.com/article/meal-planning-guide/>



USE FREE VIDEOS FOR EXERCISE ROUTINES

Exercising can be a great outlet during stressful times. Save your money instead of paying for gym memberships or subscriptions. Use websites and apps that are free. Check out this website for options: <https://bit.ly/3kK3dSN>

For tools on budgeting or scheduling a virtual class

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