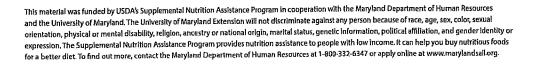
Ideas for Decreasing Expenses and Increasing Income

Case Study Family:	
1. Compare income and expenses for the case study.	Is there enough income to cover the family's expenses?
TOTAL MONTHLY INCOME TOTAL MONTHLY EXPENSES	\$ \$
DIFFERENCE BETWEEN INCOME AND	EXPENSES \$
2. If TOTAL MONTHLY EXPENSES are more than TOTAL changes. What are some expenses that this family co income that may be available to this family?	MONTHLY INCOME, this family will need to make some ould consider changing? What are some other sources o
Ideas to decrea	SE EXPENSES.
	rease income:





Developing a Spending Plan that Works for You TRACKING MONTHLY INCOME

List all income received in one month. Use a calculator to find your total income for the month. Write the amount of total income at the bottom of this page. You might have to assign a dollar amount to some items that don't have a set amount such as vegetables from your garden.

'Incor	ne per Month
\$	Wages, pay checks, salaries
\$	Temporary Cash Assistance (TCA/TANF)
\$	Tips, overtime
\$	Unemployment Compensation
\$	Child support and alimony
\$	Social Security or pensions
\$	Other:
Other	Assistance '
\$	Food Stamps (SNAP, EBT)
\$	WIC
\$	Free or reduced price school meals for children
\$	Commodity foods
\$	Food from food pantry or community food program
\$	SHARE food program
\$	Fruits or vegetables from a garden
\$	Energy assistance
\$	Housing assistance
\$	Medical assistance*
\$	Earned Income Tax Credit*
\$	Other:
\$	Other:
\$	Other:
- in the second second	

TOTAL of all INCOME for the month \$_____



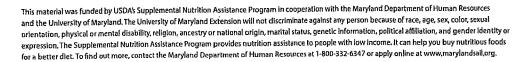
TRACKING EXPENSES

List your family's monthly **expenses**. Use a calculator to find your total expenses for the month.

Write the amount of total expenses at the bottom of this page.

HOUSING AND UTILITIES	EDUCATION AND RECREATION		
\$Rent or house payment	\$Tuition, school supplies		
\$Electricity	\$Lessons (sports, music, etc.)		
\$Heating gas or oil	\$Books, papers, magazines		
\$Phone	\$Television services (cable, satellite, etc)		
\$Home maintenance	\$Video rentals		
(home repairs, cleaning supplies, etc)	\$Vacations, weekend trips		
\$Water/sewer	\$Hobbies, sports		
\$Property taxes	\$School fees (yearbook, school pictures, etc.)		
\$ Other:	\$Other:		
\$TOTAL	\$TOTAL		
CLOTHING & PERSONAL CARE	FOOD		
\$Clothing	\$Groceries		
\$Diapers	\$Food away from home		
\$Shoes and boots	\$ School lunches		
\$Laundry	\$Baby formula		
\$Haircuts	\$Special occasions, parties		
\$Personal products	\$Other:		
\$Child(ren)'s allowances			
\$Other:	MEDICAL AND DENTAL		
\$TOTAL	\$Insurance		
	\$Doctor		
CONTRIBUTIONS & GIFTS	\$Dentist		
\$Contributions/Donations	\$Eye care		
\$Gifts/birthday, holiday	\$Prescriptions		
\$Other:	\$Hospital		
\$TOTAL	\$TOTAL		
TRANSPORTATION	CREDIT PAYMENTS		
\$Car/truck payment	\$Payment		
\$Car insurance	\$Payment		
\$Bus fare	\$Payment		
\$Tires and repairs	\$Payment		
\$Gas, oil, etc.	\$Other:		
\$License and insurance	\$TOTAL		
\$Parking	• •		
\$Other:	OTHER EXPENSES		
\$TOTAL	\$Savings, emergency fund		
CHU D CARE	\$Checking account, money order		
CHILD CARE	\$Stamps, postage		
\$Child care/day care	\$Union, work expenses		
\$Babysitting	\$Pet food and care		
\$Child support \$Other:	\$Other:		
\$Other:	\$TOTAL		

TOTAL of all EXPENSES for the month \$





MY SPENDING PLAN

Develop your **spending plan** based on needs, wants, income, expenses and the changes in income and/or expenses you have decided to make.

HOUSING AND UTILITIES	EDUCATION AND RECREATION		
\$Rent or house payment	\$Tuition, school supplies		
\$Electricity	\$Lessons (sports, music, etc.)		
\$Heating gas or oil	\$Books, papers, magazines		
\$ Phone	\$Television services (cable, satellite, etc)		
\$Home maintenance	\$Video rentals		
(home repairs, cleaning supplies, etc)	\$Vacations, weekend trips		
\$Water/sewer	\$Hobbies, sports		
\$Property taxes	\$School fees (yearbook, school pictures, etc.)		
\$Other:	\$Other:		
\$TOTAL	\$TOTAL		
CLOTHING & PERSONAL CARE	5000		
\$Clothing	FOOD		
\$Diapers	\$Groceries		
•	\$Food away from home		
	\$School lunches		
•	\$Baby formula		
· ———	\$Special occasions, parties		
\$Personal products	\$Other:		
\$Child(ren)'s allowances			
\$Other:	MEDICAL AND DENTAL		
\$TOTAL	\$Insurance		
CONTRIBUTIONS & GIFTS	\$Doctor		
\$Contributions/Donations	\$Dentist		
	\$Eye care		
\$Gifts/birthday, holiday \$Other:	\$Prescriptions		
\$Other \$TOTAL	\$Hospital		
JIOIAL	\$TOTAL		
TRANSPORTATION	CREDIT PAYMENTS		
\$Car/truck payment	\$Payment		
\$Car insurance	\$Payment		
\$Bus fare	\$Payment		
\$Tires and repairs	\$Payment		
\$Gas, oil, etc.	\$Other:		
\$License and insurance	\$ TOTAL		
\$Parking			
\$Other:	OTHER EXPENSES		
\$TOTAL	\$Savings, emergency fund		
	\$Checking account, money order		
CHILD CARE	\$Stamps, postage		
\$Child care/day care	\$Union, work expenses		
\$Babysitting	\$Orlion, work expenses \$Pet food and care		
\$Child support	\$Pet rood and care \$Other:		
\$Other;	\$TOTAL		
\$ TOTAL	YIVIAL		

TOTAL of all EXPENSES for the month \$_

This material was funded by USDA's Supplemental Nutrition Assistance Program in cooperation with the Maryland Department of Human Resources and the University of Maryland. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at www.marylandsail.org.



Estimated Monthly Food Budget for Your Family

	Aumser	Politypussionis Linguistanis Linguistanis	
Man		\$155.00	\
Woman		\$140.00	
Child (age 1-3)		\$85.00	
Child (age 4-5)		\$90.00	
Child (age 6-8)		\$115.00	
Child (age 9-12)		\$130.00	
Teenage Girl		\$140.00	
Teenage Boy		\$145.00	
Infant		\$80.00	
		Total monthly food budget	\$

To complete the worksheet:

- 1. Put a circle around the types of family members in your family (1st column on the left).
- 2. Write down the number of each type of family member in the column.
- 3. Use a calculator to multiply the dollar value of food per month in each category times the number of people in each category (column 2 times column 3). Write the amount in the "Total" column on the right.
- 4. Add all the numbers in the "Total" column on the right to calculate your total monthly food budget for your family.
- 5. If you want to know your weekly food budget, divide your monthly food budget by 4.

