

ONE MONTH FAMILY

Money Saving Challenge



**CREATE A
FAMILY BUDGET
AND STICK
TO IT.**



**COOK AT
HOME, PACK UP
LUNCHES &
DON'T EAT OUT.**



**ENTERTAIN
THE KIDS FOR
FREE AT THE
WEEKENDS.**



**TAKE DRINKS
BOTTLES
WHENEVER YOU
GO OUT.**

frugal mum 
SPEND LESS · LIVE MORE



**USE CASH &
SAVE ALL OF
YOUR SPARE
CHANGE.**



**DON'T BUY
ANYTHING NON-
ESSENTIAL ALL
MONTH.**



**DECLUTTER
YOUR HOME &
SELL WHAT YOU
DON'T USE.**



**REDUCE WASTE,
RE-USE, MAKE
DO AND
MEND.**