



American Heart Association.

# 2 Hidden Ways You Might Be Losing Money

**82%** of U.S. adults report feeling stressed about money.

These tips can help you save money and feel better.

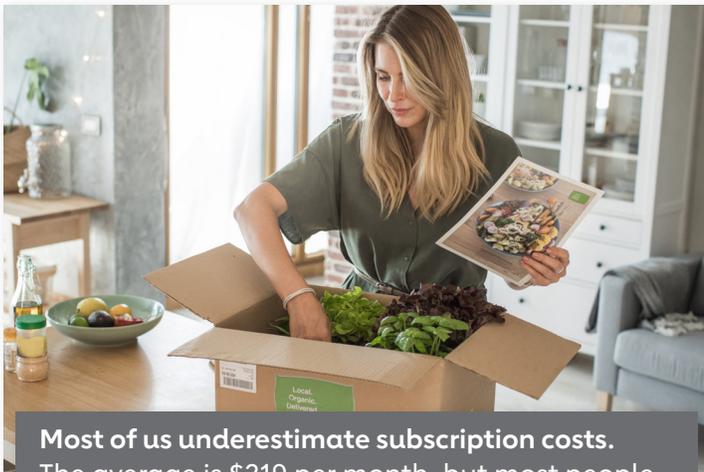
## — Stop food waste and save on groceries —



There could be \$1,500 hiding in your grocery bags. The average family of four loses about \$125 a month in uneaten food.

- See what you already have before you shop.
- Use a shopping list.
- Don't shop on an empty stomach.
- Look for the sales, especially on produce.
- Buy store brands which are usually cheaper.
- Buy frozen or canned fruit and veggies which often cost less.

## — Stop the subscription creep —



Most of us underestimate subscription costs. The average is \$219 per month, but most people guess \$86.

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

<b>CANCEL</b>	"Not using it" "High Cost, hardly used"
<b>RECONSIDER</b>	"Low cost, hardly used"
<b>KEEP</b>	"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.