

A woman with long dark hair, wearing a white lace top, is smiling broadly and looking up at a young boy. The boy is wearing a red polo shirt and is laughing with his mouth wide open. They are outdoors in a park-like setting with trees and a fence in the background. The scene is brightly lit, suggesting a sunny day.

A handy, cost-cutting checklist.

At BankSA, we aim to help you feel more money confident and plan for a better financial future.

With the cost of living rising, we've put together a handy cost-cutting checklist which may help to ease some of the strain on your finances. Of course, not all of these thought starters will be right for everyone, and some will have a bigger impact than others, but all of them are things you might consider to help reduce your costs.

Once you've looked at all the ways you may be able to reduce your costs, it's time to put all the numbers into our [Budget Planner](#) to map out your way forward.

Keep your financial future on track



Consider these handy money saving tips.

Your finances

Prioritise debt reduction by focusing on repaying your debt with the highest interest and fees first.

Think about debt consolidation as this may help simplify your personal debt, potentially at a lower rate than you currently pay.

Consider fortnightly loan repayments to reduce interest.

Think about using an offset account to reduce the interest on your home loan.

Check your bank statements for direct debits that are no longer necessary and ask your bank to cancel them.

Your food budget

Make a weekly meal plan so you only buy the food you need.

When you're food shopping, look out for specials and value packs.

Make more home-cooked meals and make good use of all your pantry items.

Start growing your own seasonal vegetables and herbs.

Use frozen fruit and vegetables – they're less expensive and last longer.

Your Housing

Review your utility providers, such as electricity and internet.

Think about putting non-essential services on hold.

Minimise your energy use at home by purchasing LED lights, checking your fridge seals, drying your clothes outside and turning lights and appliances off when not in use.

Take shorter showers, fix leaking taps or toilets to reduce water usage.

Your Health

Research low-cost classes that help maintain your health and fitness.

Consider switching to generic brands of prescription medicines as they may be cheaper than the branded alternative.

Your Education

Buy second-hand books and uniforms.

Consider free digital courses available for upskilling.

Consider if you're eligible to claim a tax-deduction for self-education expenses.

Your Lifestyle

Repair old clothes and/or sell the clothes you don't wear.

Look for discounts offered by some of your existing service providers.

Review any online 'in-game' purchases.

Declutter and sell any household items you no longer need.

While staying at home, watch free-to-air TV, play board games and do other free activities.

Take advantage of discounts offered by local businesses. That way you're supporting your local community too.

Review your mobile usage and consider whether you can downgrade your plan.

Cancel subscription services (e.g. video-streaming or audio books) if you no longer need them.