



Common *Cents*

Autumn 2014 Volume 18 Issue 4

November 10th -14th is Credit Education Week!

This Year Marks the 8th Annual Credit Education Week (CEWC)

Credit Education Week is a nation-wide event. It came about to provide people with opportunities to tap into the wealth of credit counselling resources that are available. The goal is to empower individuals to be better able to navigate their personal finances; allowing them to make better decisions and achieve their personal goals.

**CREDIT COUNSELLING SERVICE OF SAULT STE. MARIE
IN PARTNERSHIP WITH**

THE SAULT STE. MARIE PUBLIC LIBRARY

PRESENT A VALUABLE INFORMATION SESSION:

'The Basics of Financial Fitness and Money Resolutions'

- **Goal Setting**
- **Budgeting**
- **Saving**
- **What is a credit report and how do I get mine?**
- **Tips on building a good credit rating**

This priceless information is absolutely free!

Refreshments will be provided!

**Wednesday November 12th from
11:30 AM - 12:30 PM**

***In the Program Room at the
Main Branch of the Sault Ste. Marie Public Library***

Call 705-254-1424 if you have any questions.

Seniors Project Update

Over the past few months we have been out in the community distributing *Money Basics: For your Senior Years* work books, attending various seniors events, and hosting presentations at the Sault Ste. Marie Public Library and the Seniors' Centers.

Over the next few months we remain busy with events and presentations. These events are free and provide a wealth of information for seniors, and for those who are thinking of retiring over the next few years.

If you are interested in hosting a seniors information session for your group, or if you would like to order work books please call Matthew at 705-254-1424 or email your request to matthew@creditcounsellingssm.ca

Upcoming presentations include:

Oct 14th: *Managing your Income*

11:00-12:30 at the Seniors Drop-in

Oct 16th: *Managing your Income*

12:30- 1:45 at the Steelton Seniors Center

Nov 13th: *Understanding your Debt*

2:00-3:30 at the Seniors Drop-in

Nov 20th: *Understanding your Debt*

12:30- 1:45 at the Steelton Seniors Center

Tech Tidbit: Buying new technology

It happens to everyone at some point. Your computer conks out on you, you drop and smash your smartphone, your TV and cat have an unfortunate meeting. We all need to replace technology at some point. But, with the increasing costs how can we save money while getting what we want?

The first step is to really pay attention to your needs. Do you really need a 60" TV when you have a small living room? Do you really need the fastest and best computer if all you do is word process and surf the web?

Doing some basic web research will help you be better prepared to know what you need out of your technology and will likely result in paying less at the till. Research will also help you fend off the upsell. Many people end up buying more than they need because of upselling techniques. Let the sales person know what your needs are off the top to help avoid being "sold" on something you don't need.

The second step is to shop around. After you know what you need and you have done some research, look for the best deal. Don't just assume that one store will have the best price. Shopping around can save you hundreds of dollars off the competing store's prices.

Holiday Budgeting

Leaves are falling, nights are getting crisp, winter must be on its way. With winter comes the joys of the holiday season, but also the cost of the holiday season. Now is the time to start thinking about your holiday savings. How much will your holidays cost? Travel, gifts, food, parties, postage, wrapping, and so on can really add up. Try to identify as many holiday expenses as you can and then figure out a dollar amount. Divide that number by the number of pay periods you have left to tell you how much you need to save to cover the cost without relying on credit. If last year cost your family \$700 for the holidays you will need to save \$140 per pay period for the next 5 pays. If you started in January you would have only needed to save \$30 from each pay for the same amount.

Healthy Eating on Just \$4 a Day

With the hectic lives many families face, meal time can become a quick trip out for fast food. Often, we hear how expensive it is to eat fresh, healthy meals and see many people turning to quick fix frozen or processed meals.

Both of these options are ok, but they do cost an awful lot more than cooking from scratch. A recent cookbook from Leanne Brown, pushes for healthy, filling, and interesting meals while on a budget of \$4/ person per day.

Brown's cook book titled, *Good and Cheap: Eat well on \$4 a day* can be yours for free! She has made her book available on her website: www.leannebrown.com

The book is broken down into your typical meals and snacks and is designed to be accessible to everyone, no fancy equipment or expensive ingredients.

The cookbook is American, so some of the expenses will be off but the concept remains the same, it is possible to eat a healthy home cooked meal cheaply.

So, while a frozen pizza may be easy, it still costs roughly \$8.00 (tax included), you could make a similar pizza, using ingredients you most likely already have, for under \$5.00

While fast and frozen food has its place, when you are looking to reduce your expenses, saving on groceries, while still eating well, can go a long way.



Credit Counselling Service of Sault Ste. Marie & District

298 Queen Street East, Sault Ste. Marie, Ontario

(705) 254-1424

Email: info@creditcounsellingsm.ca

Website: www.creditcounsellingsm.ca

Since 1969, Credit Counselling Service of Sault Ste. Marie and District has been providing assistance to the people of Sault Ste. Marie who are experiencing the stress of financial difficulties. This non-profit, registered charity, and United Way Member Agency helps people from all walks of life. There are no fees for debt and money management counselling sessions. Professional counsellors work with clients in a relaxed and fully confidential manner. The Agency is an accredited member of the Ontario Association of Credit Counselling Services and the Canadian Association of Credit Counselling Services.

While the information herein is believed to be accurate, Credit Counselling Service of Sault Ste. Marie & District assumes no responsibility for errors, omissions or actions based on this information.

