

The median household income in the United States in 2020 [was around 67,000](#). But no matter how much you're making, it's probably not enough for all your needs. So how do you save money to make ends meet?

We've got the advice you need.

Let's go through the top ways you can save money each month.

1. Create a Budget

Make a list of all your expenses and income to determine where you can cut down on your expenses and set aside some amount for savings.

Start by determining how much money you make every month. Make a completely list of all your usual expenses, including fixed expenses like rent, mortgage, and car payments, as well as variable expenses like groceries, utilities, and entertainment.

Figure out your financial goals. These could include things like paying off debt, saving for a down payment on a house, or creating an emergency fund.

Keep track of your monthly bill spending and compare it to your budget. This will help you find areas where you may be spending too much and find ways to cut back.

As you monitor your spending, make adjustments to your budget as needed. If you find that you are overspending in one category, look for ways to cut back and reallocate that money to another category or your financial goals.

2. Cook at Home

Instead of eating out, try to cook meals at home. This is not only healthier but also more cost-effective.

Take the time to plan your weekly meals ahead of time. This can help you avoid falling into the trap of impulse buying.

Buy staples like rice, beans, and pasta in bulk to save money. You can also buy fresh produce in season when it's cheaper.

Try cooking your meals in batches. Then, you can freeze them to eat them later.

Instead of buying coffee on your way to work or school, make your own at home. You can buy a coffee maker or use a French press to make delicious coffee at a fraction of the cost.

Use cheap proteins like chicken, ground beef, and tofu in your recipes. These are affordable and can be used in a variety of dishes.

Store leftovers properly and use them in new recipes. You can also use vegetable scraps to create your own broth.

3. Reduce Energy Consumption

Save on your energy bills by turning off appliances when not in use, using energy-efficient light bulbs, and lowering your thermostat.

You can also look into solar energy. It can be a big initial investment, but save a lot of money over time. [Get redirected here](#) to learn more.

4. Shop Smart

Compare prices for different products and look for deals before making any purchase. Use coupons, promo codes, and cashback offers to save money on your shopping.

Make a list of the items you need to buy before you go shopping. This can help you avoid impulse buying and prevent overspending.

Shop off-season for clothing, shoes, and accessories to find great deals. Stores often give discounts on items that are out of season.

Wait for sales or clearance events to buy expensive items like electronics and appliances. This can save you hundreds of dollars.

Think about purchasing generic or store-brand items instead of brand-name products. These items are often just as good as their brand-name counterparts but cost less.

5. Avoid Debt

Try to avoid taking on any new debt and pay off any existing debt as soon as possible to save on interest charges. Avoid using credit cards for purchases unless you can pay off the balance completely every month. High-interest rates and fees can quickly accumulate and lead to debt.

If you already have debt, prioritize paying off the debt with the highest interest rate first. This can help you save money in the grand scheme of things.

6. Use Public Transportation

If possible, use public transportation instead of driving a car to save on gas, maintenance, and insurance costs. Many public transportation systems offer discounts for students, seniors, and people with disabilities. Some systems offer programs that reward frequent riders. Check if your system has such a program for you to sign up for. You can also limit commuting costs in other ways. If you live close to your destination, consider walking or biking instead of taking public transportation. This can save you money and provide you with some exercise.

7. Plan Your Vacations Wisely

Choose cost-effective destinations, travel during off-peak seasons, and book early to get the best deals on flights and hotels. Consider alternative accommodation options like Airbnb or hostels to save money on accommodation. Book your flights, accommodation, and activities in advance to take advantage of early bird discounts and special offers. Travel during off-peak times, such as the shoulder season, to save money on flights, accommodation, and activities.

Bring your own food or shop at local markets to save money on dining out. This can also give you the opportunity to try local cuisine and experience the culture of your destination.

8. Cancel Unused Subscriptions

If you have any subscriptions that you no longer use, cancel them to reduce your monthly expenses.

Make a list of all the subscriptions you currently have, including streaming services, gym memberships, magazine subscriptions, and other recurring payments.

Check the cancellation policies for each subscription. Some subscriptions may require you to cancel a certain number of days before the next billing cycle.

Save Money Every Month: Now You Know

It's not as tricky as you think to save money on a monthly basis. Hopefully, you now have some idea of how to get started.

Do you need more financial advice? We've got you covered. Look through some of our other useful posts.