Reduce Your Monthly Expenses After 50

A Simple Checklist to Control Costs and Reduce Financial Stress

Audit Your Expenses
□ Review last 2 months of bank statements
□ Identify unused subscriptions
□ Cancel duplicate services
□ Remove unused memberships
□ Track small repeat purchases

Lower Phone, Internet, and Cable Costs
□ Call provider for "promotional pricing"
□ Compare competitor plans
□ Cancel cable or reduce streaming services
□ Remove unnecessary add-ons
□ Ask about senior or loyalty discounts

Cut Grocery Spending
□ Make a weekly meal plan
□ Shop store-brand alternatives
□ Buy produce in season
□ Use store loyalty programs
□ Avoid impulse purchases
□ Batch-cook weekly meals

Reduce Insurance Costs
□ Compare auto and home insurance annually
□ Ask about bundling discounts
□ Check low-mileage policy options
□ Ask about safe-driver discounts
□ Review Medicare supplement options
□ Remove unnecessary coverage

Lower Utility Bills
□ Adjust thermostat by 2 degrees
□ Replace old bulbs with LEDs
□ Unplug electronics when not in use
□ Seal window and door drafts
□ Wash clothes in cold water
□ Use a programmable thermostat

Manage Healthcare Costs
□ Ask about generic medication alternatives
□ Use prescription discount programs
□ Compare pharmacy prices
□ Review insurance during open enrollment
□ Cancel unused wellness memberships
□ Use telehealth when available

Simplify Daily Living
□ Declutter and sell unused items
□ Cook at home more often
□ Combine errands to save fuel
□ Use free community resources
□ Reduce impulse spending
□ Choose low-cost hobbies and activities