

Smart Savings from Regions Bank



Little Ways to Save Big

Save by being smart about how you spend

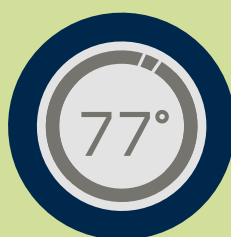
Use the library
(for book club books and movies)



Pack your lunch



Brew your coffee at home



Consider an energy-efficient smart thermostat

Plan a "staycation"



Replace conventional incandescent light bulbs with LED ones

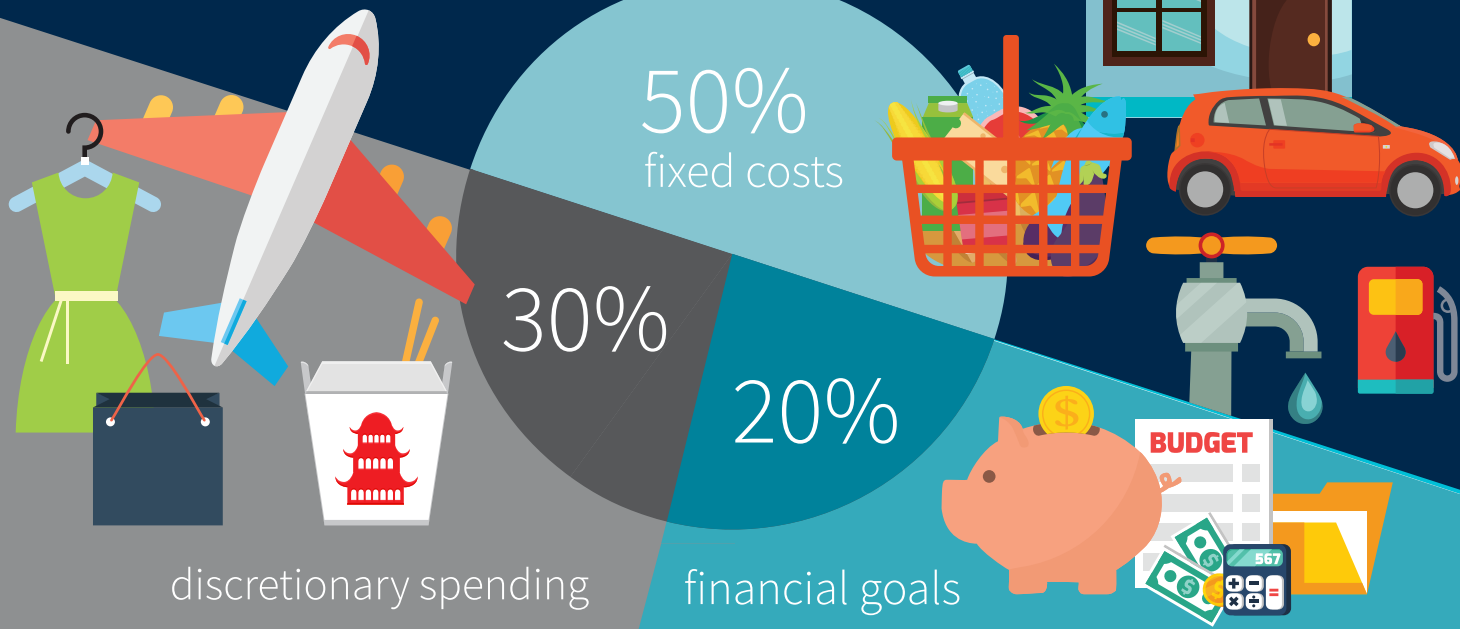


Plant a garden



Budget to Build Wealth

Build a budget based on the 50-20-30 Rule



Shop to Save

Grow your savings, even when you're spending

Check weekly store ads
Scour weekly ads, coupon blogs and e-coupons for the latest deals



Stockpile
Buy the basics in bulk when they are on sale

Plan your meals
Plan meals based on what you already have



Prepare "freezer meals"
When you cook a favorite meal, make extra to freeze for another time



Look for free promotions when eating out
Take advantage of free promotions and online offers when choosing a restaurant

Step Your Way to Savings

Give a reverse 52-week ladder savings plan a try

- Week 1: save \$52
- Week 2: save \$51
- Week 3: save \$50
- ⋮
- ⋮
- ⋮
- ⋮
- Week 52: save \$1



TOTAL SAVED IN ONE YEAR: \$1,378

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