

Tips to Help Consumers Manage Inflation

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Create a Budget: Track your income and expenses carefully to adjust for rising costs. Prioritize essentials like groceries, rent, and utilities.

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Cut Non-Essential Spending: Identify areas where you can reduce discretionary spending, such as dining out, entertainment, and subscriptions.

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Engage your audience with language that's simple and Shop Smart: Compare prices, use coupons, and buy in bulk for non-perishables. Take advantage of discounts and promotions.

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Reduce Debt: High-interest debt, like credit cards, can become more expensive during inflation. Focus on paying down these debts to avoid extra costs.



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Invest Wisely: Consider inflation-protected investments, such as Treasury Inflation-Protected Securities (TIPS) or diversified stock portfolios that can outpace inflation over time.



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Save Energy: Reduce utility bills by being energy-efficient—turn off unused lights, seal windows, and consider energy-efficient appliances.



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Build an Emergency Fund: Set aside funds to cover at least 3-6 months of essential expenses, as inflation can make sudden price hikes harder to manage.



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Consider Side Income: Explore side gigs or freelance work to boost income during periods of rising prices.