

MANAGING PERSONAL/FAMILY BUDGET PROMOTE A SUSTAINABLE LIFE FOR FAMILIES



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CONSUMPTION FRENZY



A QUESTION:

○ *Are you a shopping freak (wasteful) ?*

OR

○ *A mean saver (stingy)?*

OR

○ *A real frugal (thrifty)?*





SHOPPING FREAK





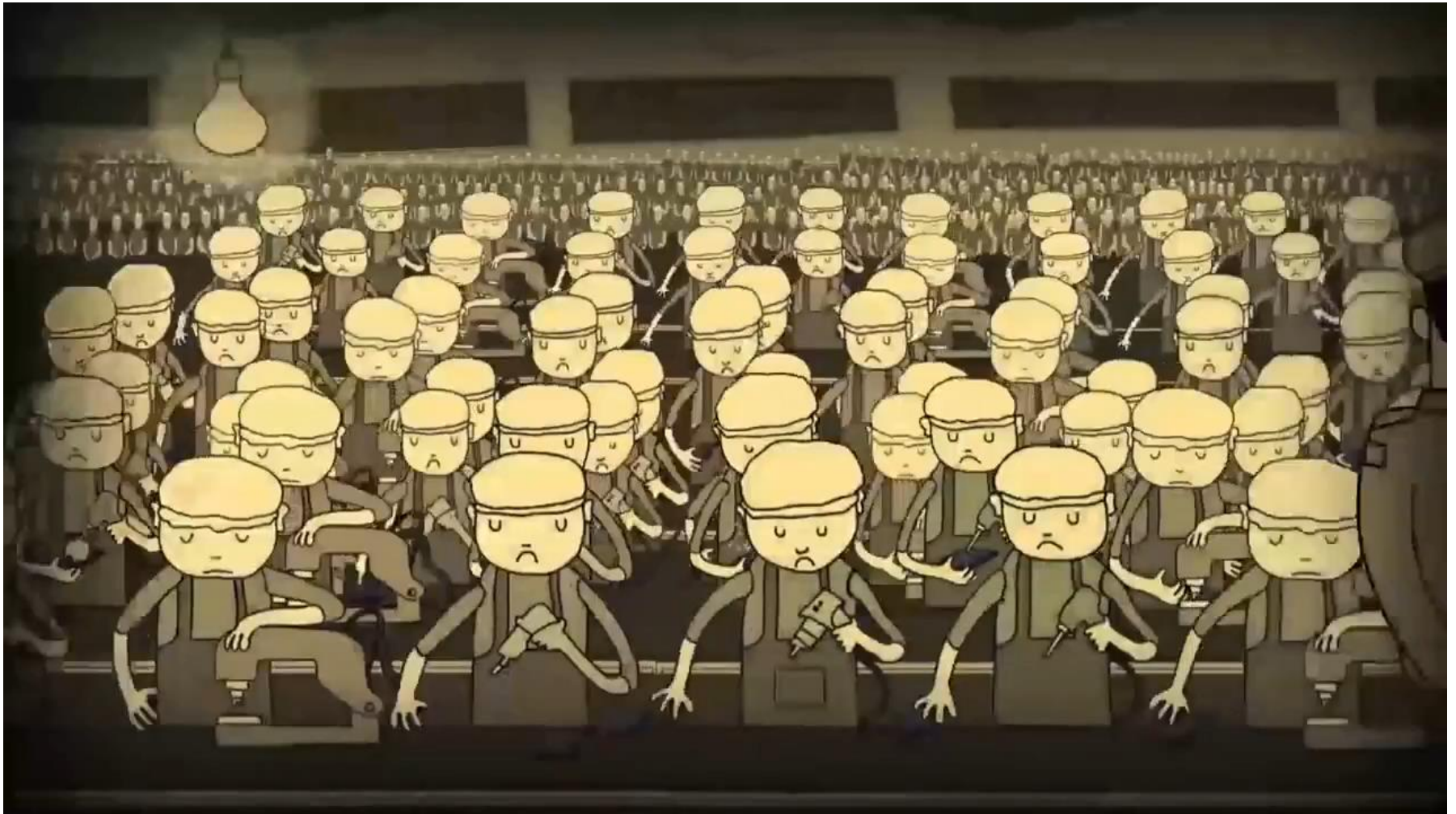
A MEAN SAVER



A REAL FRUGEL



HOW WE OVERCONSUME UNCONSCIOUSLY!!!



MOVEMENTS FOR MANAGING BUDGET

- MINIMALISM
- FREEGANISM
- SIMPLE LIVING
- HIPSTERS !
-

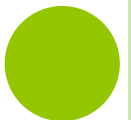


MINIMALISM

- *The way of life
- *Limits the material elements
- *Reduces it the most
- *Giving more focus on life
- *Freedom of movement
- *Freedom of life comfort and quality.



SIMPLIFY YOUR LIFE



ANOTHER MINIMALIST ZOEY ARIELLE

- *Know what you need before going
- *Don't watch TV. The adverts are dangerous!!!
- *Buy less but in good quality
- *Use audio books
- *Don't spend much on decorations...



FREEGANISM

- *Minimal consumption of resources**
- *Recovering wasted goods like food**
- *A reaction against the waste of resources**





HIPSTERS

Actually, a simple and sustainable way of life - a cheaper lifestyle.

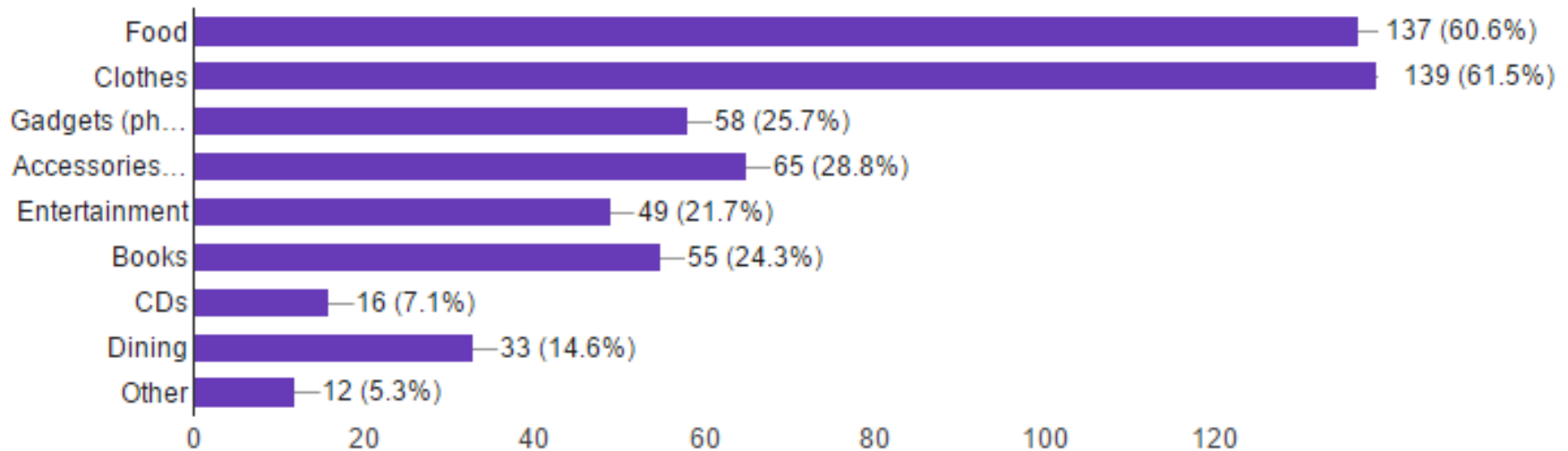
- Go car-less
- Reduce, reuse, recycle
- Grow your own food
- Travel the road less travelled



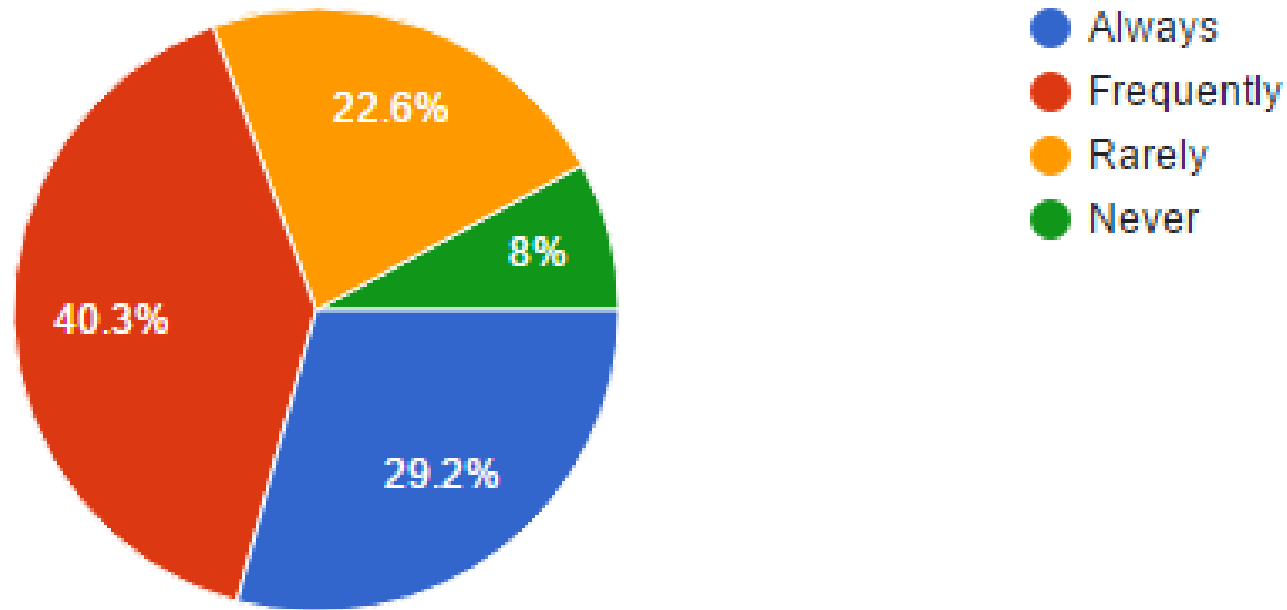
ESC CONSUMPTION SURVEY

What do you spend your pocket money on?

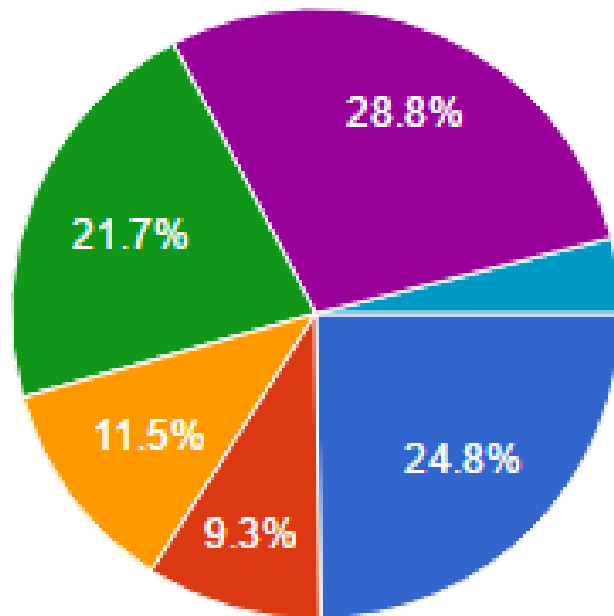
226 responses



DOES YOUR FAMILY DO A SHOPPING LIST?



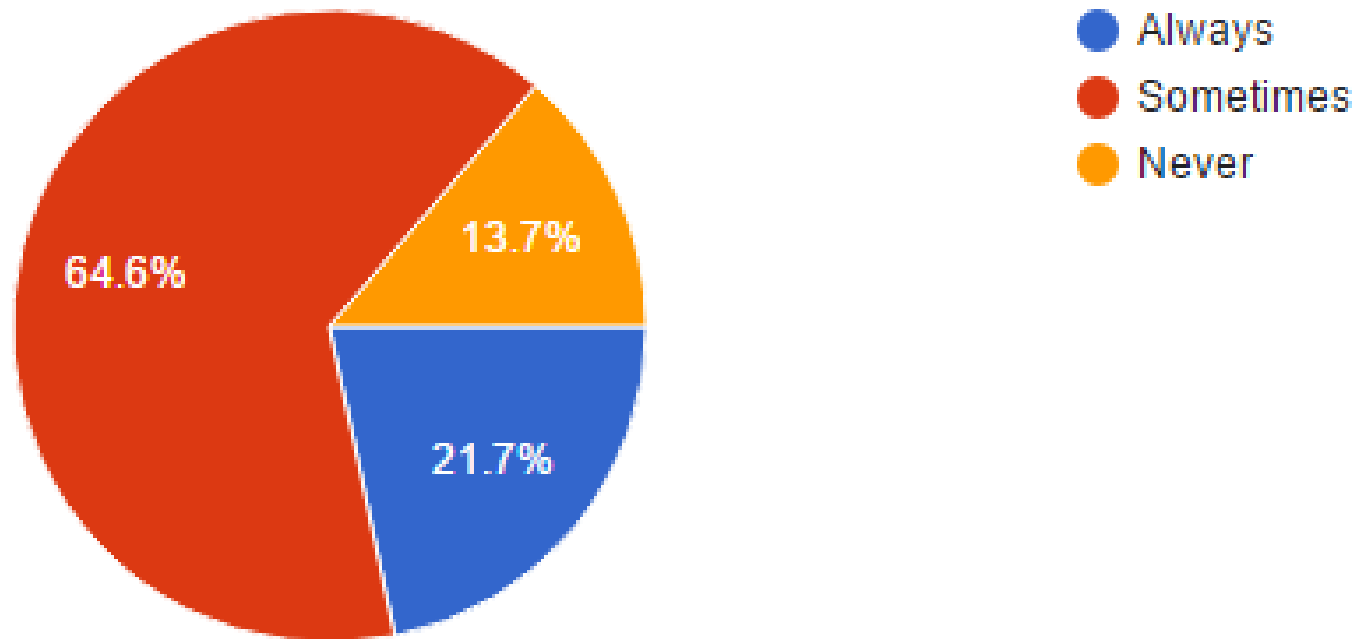
WHAT DO YOU BUY ONLINE?



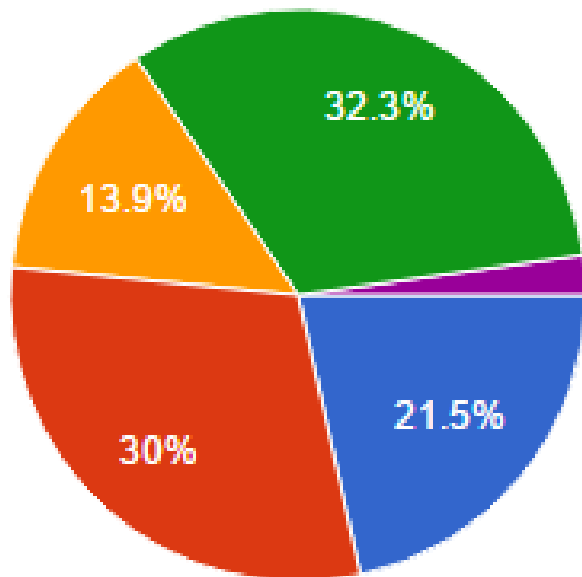
- Clothing
- Tickets for concert & movies
- Hobbies and sports goods
- Electronic Components
- I don't shop online
- Other



DO YOU CARE IF THE PRODUCTS ARE ECO-FRIENDLY?



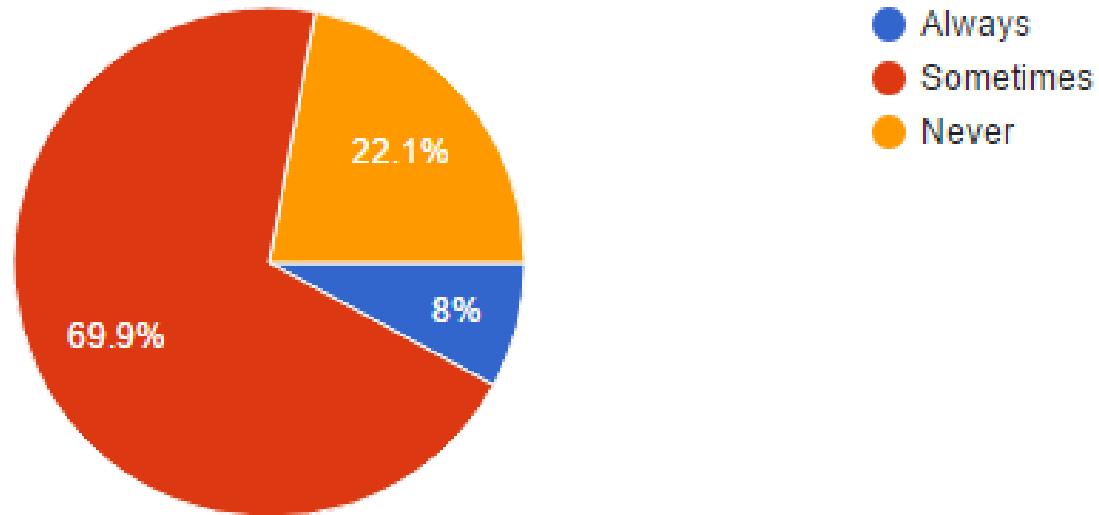
WHAT PREVENTS YOU FROM UNCONSCIOUS SHOPPING



- Knowing the children starving in Africa
- Having little money
- Having similar products
- Do not want to waste
- Other



INFLUENCED BY ADVERTISEMENTS?

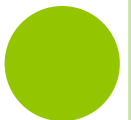


FOR A SUSTAINABLE BUDGET



SHOPPING

- Make a list before going shopping
- Try not to go shopping when you are hungry
- Buy what you really need
- Prefer healthy and eco friendly products
- Compare the prices and quality
- Do not overspend on brands



AT HOME

- Use electricity and water carefully. Don't waste!
- You can make simple objects yourself
- Reduce, Reuse, Recycle



DO NOT WASTE YOUR FOOD

- Cook as much as you consume
- Don't eat out everytime.
- Grow your own vegetable
- Learn to reuse some stale food



FINANCIAL ISSUES

- Track and record your spending
- Set up automatic payments
- Use budget management apps
- Be careful about Credit Cards
- Spend only the money you have
- Save money



SAVING MONEY

- Set a goal
- Record your expenses
- Make a budget
- Make a plan on saving
- Pick the right tools
(moneybox or saving account)
- Make it automatic
- Watch your savings grow



LAST WORD

- Cut your coat according to your cloth

Reality

- Eat, drink but don't waste

Balance

- The greatest wealth is to live content with little

Peace

- We make ourselves rich by making our wants few.

Logic



*THANKS FOR YOUR
PATIENCE*

