

# Take5

My Snoozy and his

Take5 Save cash special! Take5 Save cash special!

## Trick yourself RICH!

### The freezer is your NEW BEST FRIEND!



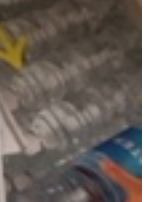
Lucy Good, 42, Noosa, Qld.

**W**hen I got divorced my lifestyle completely changed. I'd worked with my ex-hubby and had to find a new job while getting used to the demands of being a single mum to my two girls, Amber, 11, and Ruby, 10.

Money was tight. I had to eat and use what I had. I was shocked when I found I didn't even have enough cash to buy another carton. The kids drank milk every night, so I started getting milk from a local milk bar. I also started getting my groceries from a local food bank. I found I had a lot of extra food that I didn't want to throw away. I started putting it in the freezer. I found I could keep it for a long time. I found I could keep it for a long time. I found I could keep it for a long time.

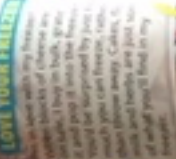
#### FILL THE FRIDGE

I've got a large fridge but after my divorce there was no longer as much food inside. What I didn't realise was that it uses more electricity to keep an empty fridge cool. Now, I fill empty plastic bottles with water and plug the gaps with them. Doing this can bring down your electricity bill drastically.



#### LOVE YOUR FREEZER

It's easy to see why you're not using your freezer. You're probably not freezing enough. You're probably not freezing enough. You're probably not freezing enough.



#### LIGHTS OFF

At least once a week, we'll turn off the lights in the evening when we're in bed. Instead of turning off the lights, we'll turn off the lights. We'll turn off the lights.

#### SHOWER GAMES

In my house, the girls know the three-minute shower rule well. In fact, they love it. Waiting to take water and electricity. I decided to make it a game. "Ready, steady, GO!" I cry, as they run into the shower and have three minutes to wash their long blonde hair while I stand outside with the timer.



Save money and getting out of debt is tough. Imagine if you could do it without noticing? Here, we share tips to help you do just that!



#### CHICKEN SALAD

When we do have fresh chicken, we'll cook it and use it in a salad. We'll cook it and use it in a salad. We'll cook it and use it in a salad.



#### GO VEGIE

When my eldest daughter, Annie, 15, announced she wanted to become vegetarian, the whole family decided to do it together. I soon realised I was saving \$2 a week by not buying meat. Mushrooms and sweet potatoes are so great that you can add them into a stew instead of beef or chicken and they'll reduce the difference - except to your shopping bill.



#### WHEN THE PIGGY BANK

My girls have been saving up to go to the States. I bought a piggy bank for \$100. I bought a piggy bank for \$100. I bought a piggy bank for \$100.



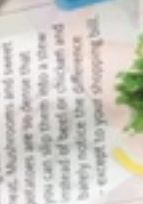
#### BREAD BUSTERS

My girls have been saving up to go to the States. I bought a piggy bank for \$100. I bought a piggy bank for \$100. I bought a piggy bank for \$100.



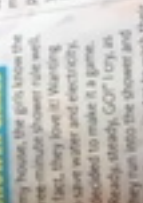
#### EMILY DEBERTT

Emily Debertt, Chatswood, NSW



#### GO VEGIE

When my eldest daughter, Annie, 15, announced she wanted to become vegetarian, the whole family decided to do it together. I soon realised I was saving \$2 a week by not buying meat.



#### SHOWER GAMES

In my house, the girls know the three-minute shower rule well. In fact, they love it. Waiting to take water and electricity.



#### WHEN THE PIGGY BANK

My girls have been saving up to go to the States. I bought a piggy bank for \$100.



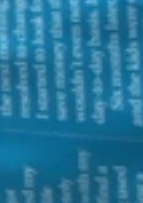
#### BREAD BUSTERS

My girls have been saving up to go to the States. I bought a piggy bank for \$100.



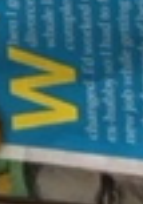
#### GO VEGIE

When my eldest daughter, Annie, 15, announced she wanted to become vegetarian, the whole family decided to do it together.



#### SHOWER GAMES

In my house, the girls know the three-minute shower rule well. In fact, they love it.



#### WHEN THE PIGGY BANK

My girls have been saving up to go to the States. I bought a piggy bank for \$100.



#### BREAD BUSTERS

My girls have been saving up to go to the States. I bought a piggy bank for \$100.