

IMPORTANCE OF SAVINGS

Ways to Save

Saving to Increase Your Wealth and Financial Stability



2 WAYS TO SAVE

For more information visit: myfdicinsurance.gov

Open a Savings Account

- You make money on interest
- The bank pays you for the opportunity to use your money
- Your money is safe, and you have easy access to it (look for FDIC insurance)

Invest (Not FDIC Insured Or Guaranteed By The Government)

- Potential to earn more money than traditional savings account
- Can lose value due to risk
- Not a deposit or bank guaranteed

SAVE MONEY!

Use direct deposit or automatic transfer to savings

- When you get paid, put a portion in savings through direct deposit or automatic transfer.
- If you have a checking account, you may sign up to have money moved into your savings account every month. What you do not see you do not miss!

Pay your bills on time

This can help you avoid the added expense of:

- Late fees
- Extra finance charges
- Disconnection fees for utilities (e.g., phone or electricity)
- Fees to reestablish connection if your service is disconnected
- The cost of eviction
- Repossession

Consider beginning a banking relationship instead of using more expensive check-cashing stores

- If you use check cashing services, you might pay 2 percent or more of each check you cash. Two percent of a \$500 check is \$10. This can easily add up to several hundred dollars in fees every year.

Save “found” money

- Put some money into a savings account if you get a **raise or bonus** from your employer.
- Save at least part of any **cash gift** you receive.
- Save your **change at the end of the day** and deposit it weekly or monthly.
- Save as much of your **tax refund** as possible. Choose to receive your tax refund via direct deposit. You can split it between a maximum of three different accounts (e.g. checking and/or savings accounts).

Avoid debt

Avoid debt that does not help build long-term financial security, including: loans for a vacation, clothing, and dinners out in restaurants. Examples of debt that helps build long-term financial security include:

- Paying for college education (for you or your child)
- Buying or remodeling a house
- Buying a car for work transportation

But...

- Keep making the monthly payments to yourself once you have paid off a loan. You can save or invest the money for your future goals.

Pay off high-interest, high fee credit cards as soon as you can.

Learn More about [Medical Financial Hardship](#)

INVEST MONEY!

- **Do your homework** if you decide to purchase investments. Know what you are investing in and get professional advice if you need it. You should have at least two to six months of emergency cash savings before you begin investing in investment products that are not federally insured.
- **Reinvest the dividends** of any stocks you own to purchase more stocks. Some companies offer an easy way to do this called a Dividend Reinvestment Program (DRIP). This process grows your investment faster, similar to compounding.
- **Join an investment club** if you are interested in learning about investing. Investment clubs are groups of people who work together to understand the process and value of investing even small amounts of money (as little as \$5 to \$10).
- **Join a retirement plan** (i.e., a 401(k) or 403(b) plan) if your employer offers one and deducts the money from your paycheck! Many employers will match up to a certain amount of each dollar you contribute. The matched amount is free money!



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Ways to Save

Checklist to Decrease Your Spending



There are articles available on [Regions.com](https://www.regions.com) that cover ways to slash your grocery bill, tips for saving money during each month of the year and so much more. To read these and other interesting articles simply go to [Regions.com](https://www.regions.com) and select the Insights tab on the homepage.

FUEL YOUR SAVINGS!

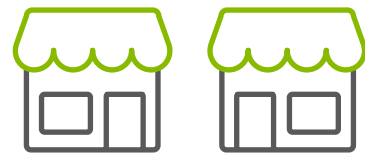
To reduce energy use and save money.

- Use a thermostat with a timer
- Reduce water heater setting to 120 degrees
- Insulate water heater and pipes
- Use low-flow showerheads and toilets
- Wash clothes in cold water, line dry
- Find and fix air leaks
- Consider storm windows
- Change furnace filters monthly

CHANGE YOUR HABITS!

Comparison shop

There are the old fashioned ways like clipping coupons and visiting multiple stores to ensure you get the best deals. And new ways like using apps that allow you to **compare the price of an item through different retailers**. And because many retailers now offer price match guarantees, you might not even have to drive to the store advertising the lowest price.



Brew your coffee at home



That \$4 cup of coffee may add up to more than **\$1,000 annually!** Drinking coffee at home – while not free – could make a really big difference in terms of your annual savings.

Plant a garden



Take advantage of the local/organic produce trend by **planting a bountiful garden** in your yard, for a fraction of the cost.

“Staycation”

A vacation may cost easily several hundred to \$1,000 per day. It’s easy to see why the concept of a staycation – visiting a local hotel or destination instead of traveling is a popular way to take a break without breaking the bank.

Use the library

Checking books out of the library has always been a great way to save money over buying books at the bookstore. Now, many libraries stock electronic books and movies, so you can check those out, too, instead of buying them.



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NEXT STEP RESOURCES



TOOLS AND RESOURCES



Articles

Articles with tips and advice to help you take the next step toward your financial goals.



Courses

A self-paced series of interactive videos covering financial wellness tips, accessible via mobile device, tablet, or desktop.



Worksheets and Templates

Planning worksheets and budget templates to help you break your goals down into manageable steps.



Podcasts

Quick, educational podcasts with tips to help you achieve your personal and business goals.



Webinars

Webinars on key financial wellness topics lead by Regions associates.



Calculators

Interactive calculators that can help you budget and save for all of your goals.



Learning for Kids

Fun, educational games and activities, focused on math and money, for Grades K-8.

EXPLORE FOR MORE TIPS



Family Budgeting & Saving

Family-friendly financial resources and advice to help families learn smart money habits.

Regions.com/NextStepFamilyBudget



Navigating Homeownership

Guidance, tools, and resources to prepare for every step as a homeowner.

Regions.com/NextStepHomeownership



Financial Literacy for Students

Insights and resources for students to make the most of their college experience without breaking their budget.

Regions.com/NextStepForStudents



Retirement Saving & Planning

Tools and resources to help you set saving goals and build your retirement plan.

Regions.com/NextStepRetirement



Saving For Your Next Vacation

Budgeting hacks and money-saving strategies to help you grow your vacation fund.

Regions.com/NextStepVacationBudget



Plan for the Holidays

Spending, saving and budgeting tips for holiday shopping, activities, travel and more.

Regions.com/NextStepHoliday



Medical Financial Hardship

Resources to help you prepare for the unexpected and manage finances when medical hardships arise.

Regions.com/NextStepMedicalHardship



Next Step for Business

Collection of resources for business owners to help to take their businesses to the next level.

Regions.com/NextStepForBusiness

LEARN MORE

- 1 Make an appointment with a Regions banker:**
 - Call the Regions Green Line at 1-800-REGIONS
 - Go to Regions.com and click "Make an Appointment"
 - Visit any Regions branch
- 2 Visit the [Next Step Courses](#) for quick, easy-to-understand money tips, including how to navigate [Medical Financial Hardship](#).**
- 3 Use our online resources including articles, podcasts, and calculators: Regions.com/NextStep**



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