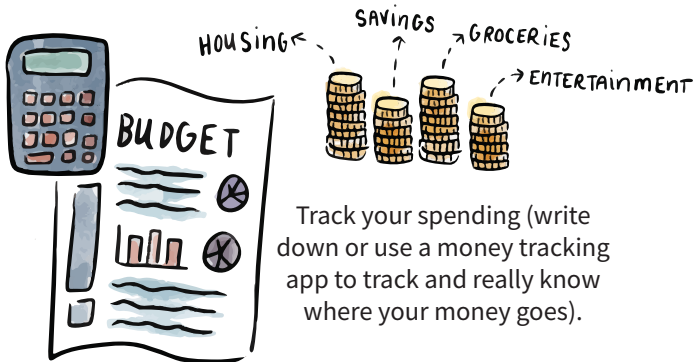




**The ability to have financial resources to meet practical needs, and a sense of control and knowledge about personal finances\* *during COVID-19***

Create and maintain a [budget](#).



[Curb online shopping](#) (e.g. set a budget, leave things in cart without checking out, differentiate needs vs. wants).

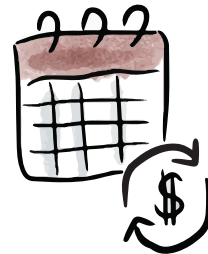


Find ways to self-care that don't involve shopping (e.g. hobbies, make a favourite meal, take a bath).

Identify your financial stressors, and make a plan to address them (a credit counsellor or financial planner might help).



Research financial planners who you may want to connect with.



Set bills to auto-pay to avoid interest charges from missed due dates.

De-clutter and set aside unwanted items for later sale (e.g. consignment shops, Kijiji).



Check out ideas to limit food waste and get the most out of your grocery dollars (The Guelph Family Health Study has a terrific cookbook: ['Rock What You've Got: Recipes for Preventing Food Waste'](#) – available free!).

\* [Swarbrick and Yudorf, 2015](#)