

Your

G.U.I.D.E

To coping with the  
cost of living squeeze

Salary Finance



We know that times are tough. Rising prices are putting a squeeze on household finances.

In this short guide we show what you can do to save money on:

**G**roceries

**U**tilities

**I**nsurance

**D**ebt

**E**nergy



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# Groceries

Food is one of the biggest household expenses, with the average family spending over £3,300 each year\*, but there are tasty savings to be had as well as free and subsidised food for the most vulnerable.

**Own brands****Generic medicines****Bulk buys****Batch cook and freeze**

(e.g. Miguel Barclay's £1 meals)

**Coupons and offers****Less but often**

**Food banks** If you are struggling to afford food get a referral from your council, GP, health visitor or local Citizens Advice Bureau

**Food apps**

\* Source: Money Helper (June 2021)


<https://www.moneyhelper.org.uk/en/blog/supermarket-savings/how-does-your-household-food-spend-compare>

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# Utilities

There are savings to be had and financial support available for some essential household costs such as the ones listed below:

 **Mobile** - Sim only

 **Water** - social tariff

 **Broadband** - social tariff or haggle

 **Council tax** - [reduction scheme](#) 25-100%

 **Rent** - [Discretionary Housing Payment](#) (DHP)

 [Local Authority](#) - Household Support Fund (HSF)



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# Insurance

There are savings to be found on most types of insurance if you shop around. Don't just stay with the same provider. Use a price comparison website (PCW) to compare your renewal price with alternatives.

**Motor****Home****Holiday****Life****Income**

This [Which? article](#) explains how to get the most out of a PCW. Below are links to some of the most well-known PCWs

[www.gocompare.com/](http://www.gocompare.com/)   [www.moneysupermarket.com/](http://www.moneysupermarket.com/)  
[www.comparethemarket.com/](http://www.comparethemarket.com/)   [www.confused.com/](http://www.confused.com/)

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# Debt

Debt repayments are a drain on your finances.  
Lowering repayments through lower interest charges  
can help you reduce outgoings.



Snowball method



0% Card balance transfer



Remortgage




Debt consolidation



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# Energy

Energy cost are soaring, so check if you can get financial help.

 Speak to your **supplier**

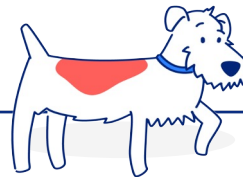
 [Warm homes discount](#) (£150)

 [Council Tax Energy Rebate](#) (£150) - Apply if not on Direct Debit

 [Local Authority](#) - Household Support Fund (HSF)

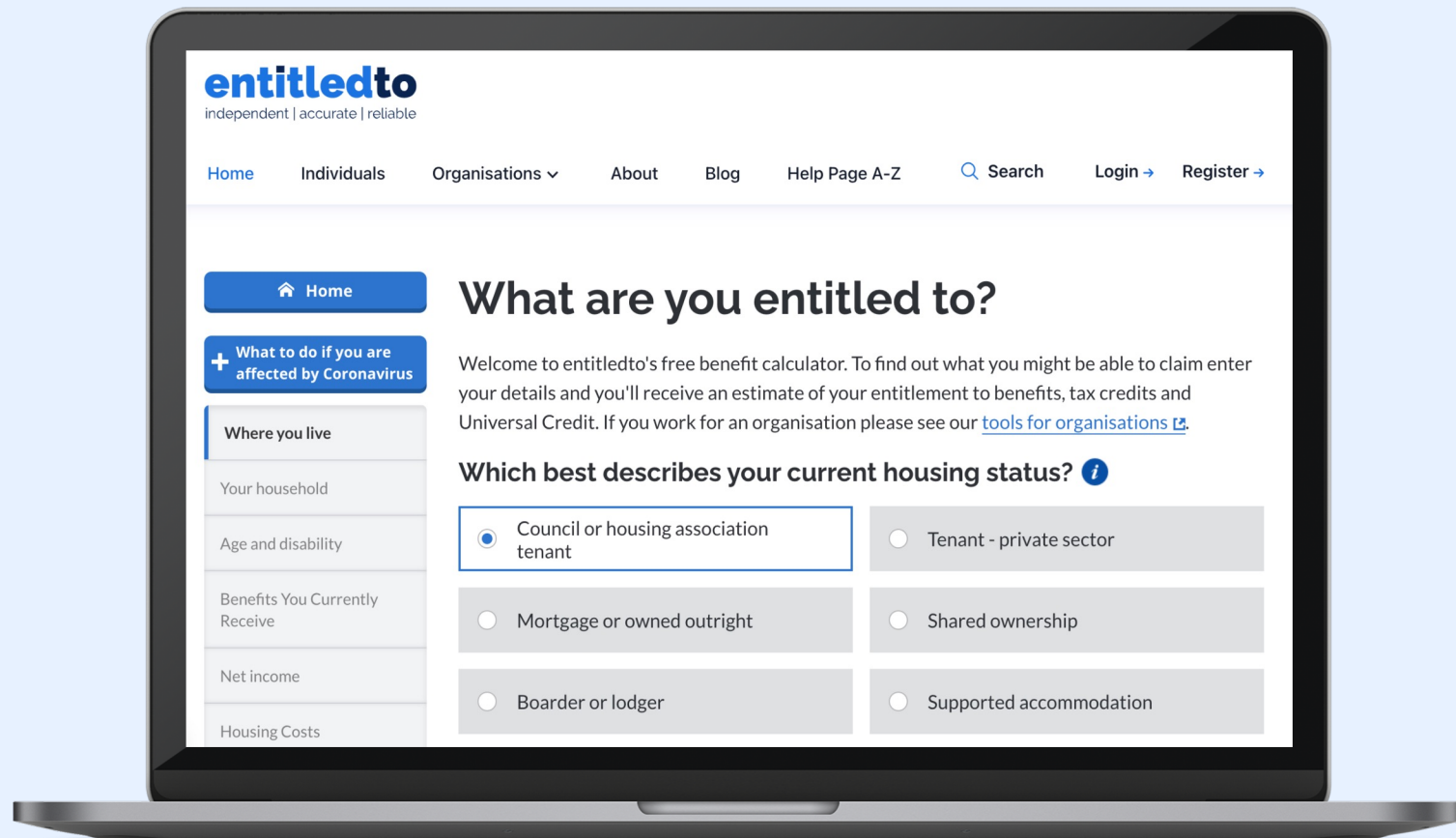
 [ECO4](#) - Free/subsidised home energy improvements

 [Energy Saving Trust](#) suggestions



Check out this useful website to see what **financial support is available to you:**

[www.entitledto.co.uk/benefits-calculator](http://www.entitledto.co.uk/benefits-calculator)



The screenshot shows the homepage of the 'entitledto' website. The header includes the logo 'entitledto' with the tagline 'independent | accurate | reliable', and navigation links for Home, Individuals, Organisations, About, Blog, Help Page A-Z, Search, Login, and Register. A sidebar on the left contains a 'Home' button, a link to 'What to do if you are affected by Coronavirus', and a list of steps: 'Where you live', 'Your household', 'Age and disability', 'Benefits You Currently Receive', 'Net income', and 'Housing Costs'. The main content area is titled 'What are you entitled to?' and contains a welcome message. Below this is a section titled 'Which best describes your current housing status?' with an information icon. The options are: 'Council or housing association tenant' (selected), 'Mortgage or owned outright', 'Boarder or lodger', 'Tenant - private sector', 'Shared ownership', and 'Supported accommodation'.

**entitledto**  
independent | accurate | reliable

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[Home](#)

[+ What to do if you are affected by Coronavirus](#)

**Where you live**

Your household

Age and disability

Benefits You Currently Receive

Net income

Housing Costs

## What are you entitled to?

Welcome to entitledto's free benefit calculator. To find out what you might be able to claim enter your details and you'll receive an estimate of your entitlement to benefits, tax credits and Universal Credit. If you work for an organisation please see our [tools for organisations](#).

### Which best describes your current housing status?

☒ Council or housing association tenant

☐ Tenant - private sector

☐ Mortgage or owned outright

☐ Shared ownership

☐ Boarder or lodger

☐ Supported accommodation



For more **financial insights** and **ideas** visit  
**[www.salaryfinance.com](http://www.salaryfinance.com)**

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