

# TOP TIPS FROM THE FIRST NATIONS FOUNDATION

**"Despite the recent hike in living costs, there are still many resourceful ways to help manage the effects of inflation. Having a budget and tracking your purchases can help you stay on top of your expenses and reduce unnecessary spending. One way you could reduce unnecessary spending is at the grocery store. Consider having a meal plan and only doing your food shopping according to your weekly or fortnightly meal menu. This helps save you time, money and food."**

Melanie Noble, Community Development and Project Officer

**Tomorrow** MONEY  
