## TOP TIPS FROM THE FIRST NATIONS FOUNDATION

"With the cost of living and energy prices soaring, one helpful tip is to pay money towards your bills each pay cycle. You can calculate your daily usage $x$ 7 or 14 days, depending on your pay cycle and this would be the amount you would contribute.

For example, my daily usage is $\$ 4.90$ /day, and my pay cycle is fortnightly. $\$ 4.90 \times 14$ days $=\$ 68.60$, this is how much I would pay to my account."

Destiny Dewis, Project Officer

