

Tips to Help Stretch Those Dollars!

Grocery Shopping

- Plan your menu and shop once a week
- Join friends and buy in bulk
- Don't shop when you are hungry
- Substitute beans and grains for meat
- Check weekly flyers for specials and coupons

Other Shopping

- Buy used books (available at VIU Student's Union)
- Hold clothing swap events and shop at consignment stores
- Ask yourself "do I really need this, or do I just want this?"
- Watch for sales and specials

Tip #1:

If you must eat out, clip coupons and take advantage of restaurants that offer nightly specials. Check the Student Saver Card available at the VIU Student's Union.

Tip #2:

Other Savings / Earning Ideas

- arrange car pools
- check out cheap night at the movies
- hold a second hand sale with friends
- walk or cycle when possible to save on transportation costs
- collect and recycle bottles for bottle deposits
- participate and volunteer at local community kitchens and gardens
- avoid buying gifts for friends and instead offer your time for a chore

Tip #3:

Keep an eye on your bank account. Make sure that your bank is providing you with the services that you need. Plan a monthly budget and stick to it.

Tip #4:

Make sure you fill out your Vancouver Island University Scholarship, Award and Bursary profile located in your student's record. Take time to research available VIU and External awards. For more information visit the VIU Scholarship, Awards and Bursary and External award links on the Financial Aid and Awards website.

Tip #5:

Access Career Services for students at VIU to gain helpful information regarding on campus employment and resume assistance.

Tip #6:

Take time to relax, eat and sleep well and do not take too much on that will negatively impact your studies. Be sure to access VIU services, they are free and here to assist you.