

# Budget Tools

Having a baby is exciting, but it can also be expensive. Use tools to help you keep track of your income, expenses and savings. A paper budget form is on the next page.

Below is a list of free online budgeting tools in case you prefer to use an electronic option to track your expenses.

- Money Helper
- Budget Calculator

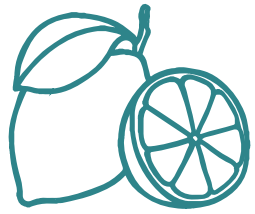


Use this QR code to get the budget tool website links.



# Budget Form

Income (may include: paychecks, social security, child support, other benefits):			INCOME SOURCE: _____		
			INCOME SOURCE: _____		
			INCOME SOURCE: _____		
<i>Expenses</i>					
HOUSING EXPENSES	OWED	PAID	MONTHLY LIVING EXPENSES:	OWED	PAID
Rent	\$	\$	Groceries/Restaurants	\$	\$
Electric	\$	\$	Cell Phone	\$	\$
Gas	\$	\$	Internet	\$	\$
Oil	\$	\$	Child Care	\$	\$
Subscriptions	\$	\$	Vet/Pet	\$	\$
Other:	\$	\$	Other:	\$	\$
<i>Personal Expenses</i>					
Infant Supplies	\$	\$	Car Payment	\$	\$
My Medications	\$	\$	Car Insurance	\$	\$
Infant Medications	\$	\$	Gas	\$	\$
Laundry	\$	\$	Public Transportation	\$	\$
Other:	\$	\$	Other:	\$	\$
<i>Monthly Summary</i>					
TOTAL INCOME					
TOTAL EXPENSES					
BUDGET GOALS					



# Grocery Plan

This plan can be used to write down the meals you want to prepare during the week.

Week/Month of:							
	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHERS							

# Grocery List

Week/Month of:			
FRUITS		GRAINS (BREADS, PASTAS, RICE, CEREALS)	
DAIRY		VEGETABLES	
PROTEIN FOODS (MEAT, SEAFOOD, BEANS AND PEAS, NUTS, EGGS)		OTHER	

Put a star (\*) next to items you can use WIC for  
 Put a hashtag (#) next to foods you can use food stamps for