

## Tips for running your home on a budget

Written by

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(StatePoint) Whether you are living paycheck to paycheck or have cash to spare at the end of the month, it's wise to trim unnecessary costs. By spending less on the things you need, you'll have more for the things your family wants.

Do a quick assessment of the way you run your home and you may find some smart ways to save. From your laundry to your kitchen, Sun Products, the makers of Sun and Surf detergent is offering a few helpful ways to get started:

### Thrifty Kitchen:

In the United States, up to 40 percent of food goes uneaten, according to the Natural Resources Defense Council.

Instead of throwing good food gone bad in the garbage, plan your meals for the week in advance. To purchase only what you need, make a list before you go to the grocery store and stick to it. This is also a good way to prevent making expensive impulse purchases.

If your home's storage spaces allow for it, consider buying non-perishable staples in bulk. You can get certain items at a deep discount this way.

Pare down your kitchen expenses even further by switching from disposable to reusable items. For example, ditch the paper towels and napkins and buy a few sets of dishcloths and cloth napkins instead. It may result in a little bit of extra laundry, but it's well worth it.

### Laundry for Less

When shopping, read labels and stick to clothes that you can wash at home. By avoiding the dry cleaner and doing laundry at home, you'll reduce your cleaning costs significantly.

You also don't always need hot water to get your clothes clean. Instead, wash your clothes in cold water at a fraction of the cost.

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Be sure to use a high-quality multi-tasking detergent known for long lasting freshness. For example, Sun Products makes a variety of detergents such as Surf and Sun.

Surf detergent, which attacks tough odors for fresher, cleaner clothes, is an affordable detergent that won About.com's 2013 Readers' Choice Award for best-smelling laundry detergent and was named Product of the Year's best liquid laundry detergent in 2013 (Survey of 50,180 consumers conducted by TNS).

Sun detergent, on the other hand, has a Triple Clean formula, which cleans, fights stains, and freshens. If you have sensitive skin, you can try Sun Free & Clear, a hypoallergenic detergent, which is free of dyes and perfumes, at a great value.

### Energy Economy

Lights on and nobody home? Make a household habit of turning lights off and unplugging unused appliances and electronics when you exit a room. Also, consider swapping out your older appliances for newer models that are ENERGY STAR rated. Get more bang for your electric bill buck by improving the insulation of your home. You'll make the most of your climate control by caulking around doors and windows and sealing up cracks and wall cavities.

In the months ahead, the amount you save on utility bills will go well beyond offsetting the upfront costs.