



**AmericaSaves®**  
*You Can Build Wealth*

**For Immediate Release:  
Wednesday, May 21, 2008**

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## **Wealth-Building Campaign Releases New Savings Tips** *In Tight Economic Times, Consumers Advised to Save*

Washington, D.C. – “Monitor your energy use” and “seek out free, educational entertainment” are two money-saving tips offered today by the *America Saves* campaign. The campaign, which collects real-life savings tips from its membership of more than 100,000, works to encourage and assist low- to moderate-income Americans save and build wealth.

“We want to help people find ways to stretch their dollars, but most importantly, we want to encourage people to save the money they didn’t spend,” said Nancy Register, Director of America Saves. “Saving for an emergency fund or paying down high-cost debt should be top priorities for any family.”

### **Tips for keeping home energy use down:**

“I’ve always lived in homes with at least two levels, and I’ve found that it saves energy to open only the upper floor vents for cooling during the summer because cold air drops. Just the opposite occurs with warm air, so during the winter I open the downstairs vents and close the upstairs ones, allowing the heat to rise and distribute naturally.”

--Carol J. Edlund, Ft. Walton Beach, FL

“Contact your local utility providers to determine what hours are “off-peak.” By running your dishwasher, dryer, clothes washer and other appliances during those times, you will lower your utility bills.”

--Matthew Alandt, Bainbridge Township, OH

### **Tips for saving on entertainment:**

“Go to movie matinees when you want to see a movie, and visit the local museums on free days. Matinee movies are about \$3 less per person, so for a family of four this can really add up. Also, local museums usually offer free or low cost admittance one day a month, which can provide an educational, low-cost excursion for the entire family.”

--Nicole Miller, Milwaukee, WI

“When our children were eight, 10 and 11, our family ‘paid’ to watch TV for a year. Each day the kids could watch half an hour of their choice free. After that the charge was ten cents for a half hour program and 25 cents for an hour. When we watched as a family, we parents put in the 25 cents. We

originally came up with the plan to cut down on television watching, which it did. But at the end of the year, there was more than \$60 in the account, which helped us replace the old television set.

--Jeanne Vaver, Sheridan, IL

**Back to school savings tips:**

“Every summer, before school starts, the kids and I have a ‘does it fit, can it be dyed, and let’s repair it’ night. We gather clothes and sneakers and sort through what to keep, clean, fix, and decorate. This gives the kids ‘new’ clothes and makes them proud of their creations. We save about \$200 and have fun together as a family.”

--Martha Wallace, Stamford, CT

[America Saves](#) is a national initiative in which 1,000 organizations encourage and assist Americans, especially lower-income households, to save and build wealth. The *Saves* campaign is run by the [Consumer Federation of America](#), a national non-profit organization that works to advance consumer’s interest through advocacy and education. For more information on America Saves Week 2009, scheduled from February 22-March 1, 2009, visit [www.AmericaSavesWeek.org](http://www.AmericaSavesWeek.org).