

Budgeting for the Holidays¹

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Listening, learning, and living together: it's the science of life.



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The holidays are traditionally a time to get together with friends and family and celebrate. With the excitement of the season, it's also a time when people overspend. Making a holiday budget beforehand can save you these financial worries.

Planning for the holidays can save you time, energy, and money according to Dr. Josephine Turner at the University of Florida. Begin by determining the amount of money you have to spend on the holidays

and stick with that number. Next, make a list of holiday expenses to be paid, including gifts, travel expenses, extra food costs for entertaining and Christmas cards. And... don't forget the cost of stamps. If your expense column is greater than what you have to spend, try to prioritize and then make some changes to your budget.

A large portion of holiday spending is presents. To help budget for gifts, make a list of everyone you plan to give a present to and then write what you want to give them and what it will cost. Many people go over-budget on gift spending during the holidays. Some alternatives to bring your holiday budget back under control? Try making gifts such as food or furniture, a coupon book of services such as yard work or babysitting, or handing down family heirlooms. For more information on holiday budgeting or unique, inexpensive gift ideas, contact your county Extension office.

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2. Donna Davis, senior producer, Family Album Radio and Josephine Turner, professor, Family and Consumer Economics, Department of Family, Youth and Community Sciences, UF/IFAS Extension, Gainesville, FL 32611.

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To listen to the radio broadcast:

http://radiosource.net/radio_stories/budget.wav

http://radiosource.net/radio_stories/budget.mp3

References

http://fyys.ifas.ufl.edu/newsletters/mmgmt_archive.htm