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

## **Budgeting For The Holidays<sup>1</sup>**

*Donna Davis and Josephine Turner<sup>2</sup>*

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 cost 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.

1. This document is FAR9000, one of a series of the Family Youth and Community Sciences Department, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date June 5, 2006. Reviewed by Mary Harrison. Some scientific language from the original script has been modified to better serve the listener. The script published here represents the actual broadcast as heard on Family Album Radio. Visit the EDIS Web Site at <http://edis.ifas.ufl.edu>. Reviewed August 2009.
2. Donna Davis, Senior Producer, Family Album Radio and Josephine Turner, Ph.D., CFP®, Professor, Family and Consumer Economics, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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**Reference**

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