

SBP Family Dollar-Stretching Checklist

10 Proven Ways Black Parents Can Stretch Every Dollar Further

- 1 Build a Freedom Budget**
List income, subtract must-pays (rent, utilities, food, childcare), then assign every remaining dollar a purpose before the month begins.
- 2 Meal Plan Around Sales, Not Cravings**
Check your store's weekly circular first, then plan meals around the deepest discounts. Cook from scratch and lean on staples like rice, beans, and frozen vegetables.
- 3 Swap Brand Loyalty for Unit Price Loyalty**
Before putting anything in the cart, check the cost per ounce, per sheet, or per serving. Store brands are often made in the same facilities at 20–40% less.
- 4 Try Community Stacking**
Partner with another family to split bulk purchases of rice, oil, laundry detergent, or frozen protein. Two families splitting a Costco run can each save \$50–\$80 a month.
- 5 Automate Savings — Even \$10**
Set up an automatic transfer on payday, before you see the money. Increase by \$5 every 90 days. Over one year, you could have \$500–\$1,000 saved without feeling it.
- 6 Stack Discounts — Never Pay One Price**
Combine a store sale + digital coupon + cashback app (Ibotta, Fetch Rewards, Rakuten) + loyalty card. Stacking can yield \$15–\$30 back on a single grocery run.
- 7 Do a 90-Day Subscription Audit**
Call customer service before canceling — most services will offer 30–50% off to keep you. If they won't budge, cancel and rotate services monthly.
- 8 Use Every Eligible Benefit Without Shame**
Check SNAP and WIC eligibility at [benefits.gov](https://www.benefits.gov). Find your nearest food pantry at [feedingamerica.org](https://www.feedingamerica.org). These are financial strategies, not failures.
- 9 Teach Your Children About Money — Early**
Start with the three-jar system (Spend, Save, Give) for young children. By middle school, include them in real budget conversations. Financial literacy is a free, high-return investment.
- 10 Build Generational Wealth — When Your Season Allows**
If you can, open a Roth IRA or a 529 college savings account, even with \$25/month. Explore I-bonds or index funds when ready. Start when you can, not because pressure demands it now.

Potential monthly savings: \$390–\$790/month | Up to \$9,480 per year