

Health & Wellbeing

December – Christmas on a budget



Tips for a budget-friendly Christmas

Christmas is a notorious budget-buster. But with these simple tips for success, it doesn't have to be.

Set a spending limit for all gifts

We all have so much, and really, Christmas should be about being together, not the opportunity to stack up as many gifts as possible. Set a limit for everyone you're buying for, and stick to it. Get creative with your limit - maybe you could add a handmade gift, like baked goods or a framed photograph of the two of you, to "round out" the gift.

Bring a thing

When it comes to entertaining, there's plenty of money to be saved I know it's sometimes hard to ask, but guests really do like to bring something, so let them! If you're hosting, say yes when people ask what they can bring (you know they'll ask). Ask them to bring a fruit salad, or sandwiches for the kids, cheese and crackers. It all adds up and it will take off some of the pressure - both in terms of money and your effort and time.



Keep it simple

With food, remember that all anyone really wants is a slice of ham and a serving of pavlova. It's easy to get carried away with fancy ingredients and complicated recipes, but Christmas

food can actually be pretty simple: buy the best ham you can afford and serve it with chutneys and fresh bread and cheese. A glass of bubbles and you're set.

Let food be the star

Speaking of food, it can do the hard work of making the table look great, too. Christmas food always looks amazing, so let it be the star of the show. Seriously, all you need is a tablecloth!



Cheap gift wrapping

Speaking of packaging, nobody needs to spend a fortune on Christmas-themed gift wrap. Buy a cheap roll of kraft paper and let your kids create their own artworks on them for wrapping. Cute and cheap: just the way we like it.

Use points

If you have credit card points, try to save them for Christmas - either for groceries or gifts. Cash them in for gift cards and go shopping "for free". Sort of.

Reuse and recycle

This sounds obvious, but: try not to buy anything new. Chances are, you already have a Christmas tree and all the trimmings. You probably own a wreath. The temptation to buy will always be there, but you don't have to give in to it.