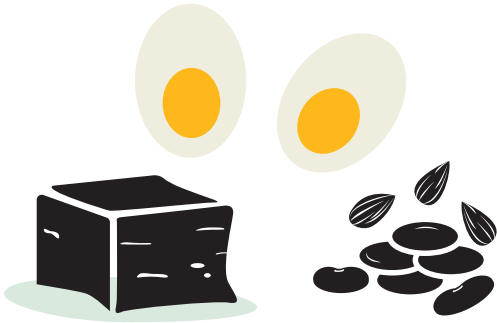


Financial Health

Managing your financial health is just as important as your physical health during this pandemic. Here are five ways to increase your savings and stay healthy even during these difficult times.

Go for cheaper protein sources



Lentils, eggs, beans and tofu are great alternative protein sources that often cost less than meat.

Buy local produce or foods that are in-season



Buy local produce or foods that are in-season. These cost much less and are tastier, too!

Pick up home cooking

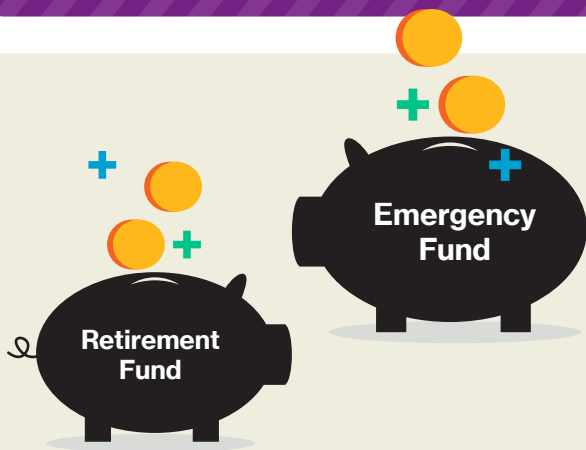


Maximise your time at home by learning some simple recipes with basic ingredients.

Sort your bills



Cut the services that you don't need right now. Or try scouting for a better and cheaper supplier of the same service.



Up your savings

By spending less on commuting or even holidays, it is a great time to start saving more. Try starting an emergency or retirement fund.

Do not hoard

Buy only what you need. There is no need to hoard essentials.

