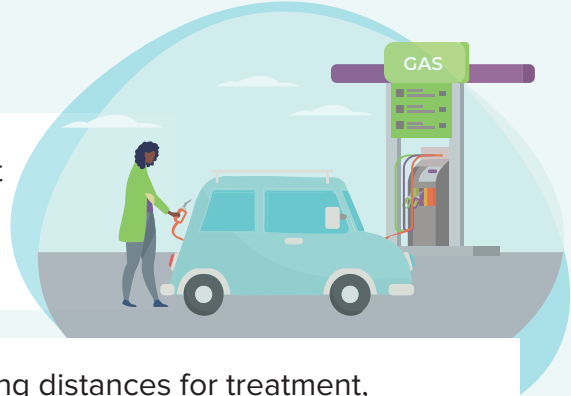


12 Ways to Save Money During Cancer Treatment

It's normal to worry about affording your usual expenses when you or a loved one is going through cancer. These cost-saving tips are here to relieve some stress around travel, food, and other everyday costs.

1

Fill your tank on Mondays. Gas prices are usually lowest on Mondays and highest on weekends. If you can, fill up the Monday before your next appointment or long drive.



2

Fly on Tuesdays or Wednesdays. If you have to travel long distances for treatment, mid-week flights are usually the cheapest, while ticket prices peak on Fridays and Sundays. Save even more on flights by setting price drop alerts with sites like Kayak, Skyscanner, or Airfarewatchdog and booking with miles or points.

3

Get the most out of grocery discounts. Grocery coupons expire the same day new ones go out, so shop on the overlapping day to get sale prices from both coupon flyers. If you always go to the same store, sign up for a loyalty card.

4

Pack meals for the road. When you have the time and energy, a packed meal costs half the price of a takeout meal.

5

Avoid convenience stores. They charge significantly higher prices than conventional stores and supermarkets.

6

Buy generic. Opt for generic versions of brand-name items because they can be 30-60% less expensive.



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(Continued)

7

Download money-saving apps. Apps like Ibotta, Shopkick, and Checkout 51 will help you save money on groceries. RetailMeNot and Honey offer automatic discounts when you shop online.



8

Use your reward points. Cash in your rewards from credit cards, department stores, and loyalty programs to pay for everyday items or treatment-related purchases.

9

Try thrift stores, Facebook Marketplace, and Buy Nothing groups. These community resources can save you money on items like clothes, toys, furniture, and office supplies.

10

Clean out your closets. Set aside unwanted, gently used items to re-gift or sell on free apps like OfferUp, Facebook Marketplace, or Poshmark.

11

Buy refurbished electronics. Save money on big-ticket technology like smartphones, computers, and video game consoles by purchasing refurbished items rather than brand-new ones.

12

Start new traditions. There are affordable ways to make the holidays, birthdays, and weekends feel special. Get crafty with handmade decorations, gather for potlucks to share the load of group meals, bake sweet treats together, host game nights at home, and plan virtual gatherings to connect with friends and family from afar.

