

Module 3 - Budgeting

HANDOUT 3-11

Resources: Money management websites

Financial Consumer Agency of Canada (FCAC) - <http://www.fcac-acfc.gc.ca>

This is a financial education and consumer regulation site. Navigate to find their budgeting calculator to see if you have a realistic budget or to check out their tips on making a budget and sticking to it. There are also resources about budgeting in Your Financial Toolkit.

Industry Canada – Office of Consumer Affairs (OAC) - <http://www.ic.gc.ca/eic/site/oca-bc.nsf/eng/home>

This site has some budgeting basics as well as a great expenses calculator.

Investor Education Fund - <http://www.getsmarteraboutmoney.ca/en/Pages/default.aspx>

Check out IEF for a range of topics, including budgeting. They have videos and calculators to explore as well as a yearly budget template.

The Stop – Do the Math - <http://dothemath.thestop.org>

Orient yourself to what it is like to live on a low-income, compare your monthly budget to the real-life earnings of low-income people in Ontario.

SPENT - <http://playspent.org>

Another tool to see what it is like to live below the poverty line and to have to make difficult decisions involving finances. An impactful exercise that simulates surviving on a tight budget.

My Money, My Choices - <http://mymoneymychoices.com>

An interesting and free tool that brings people together to help motivate them to get on track financially. Created by the no-nonsense Gail Vaz-Oxlade.