

MONEY

in real life

Meeting Basic Needs and Covering the Essentials

Rising costs have many military families feeling the crunch. Developing and following a monthly [spending plan](#) can help you prioritize and identify the essentials.

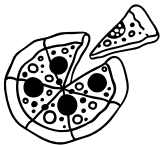
These resources can also help:



Housing

Visit your installation military housing office and seek out additional [housing resources](#).

Time to PCS? [Temporary Lodging Expense](#) or [Temporary Lodging Allowance](#) can help with partial reimbursement for lodging and meals.

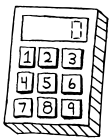


Food

Save with military discounts and [shop smart](#) at your local commissary.

Stretch your dollar with grocery store apps and the [Commissary Rewards Card](#).

Visit your local Military and Family Support Center to learn about food assistance programs or additional resources.



Financial Health

Examine your money flow with this home [budgeting analysis calculator](#).

Creating a spending plan doesn't have to be overwhelming. [Personal financial managers](#) and [counselors](#) are standing by to help.



Download our mobile app, Sen\$, for finances at your fingertips. Find it in the [Google Play](#) and [iOS](#) app stores.



As you reach new milestones and complete your [service's financial readiness training](#), look to the Office of Financial Readiness and your service for additional resources. You can also follow @DoDFINRED on: 