INDIVIDUAL PRE-STRIKE FINANCIAL PREPARATION

RESOURCE SHEET #1

FOOD

- If you can build up a supply of food, you can considerably reduce your costs during a strike. This will free up your limited cash income during a strike for things like rent or mortgage payments.

- Within your workplace/ local, a group might want to do this on a cooperative basis and enhance the savings by bulk buying.

- Approach a local supermarket and see if you can get a deal by buying in bulk.

- If you belong to a food cooperative, it might be worthwhile to contact the executive, explain the situation, and see if something can be worked out between the cooperative and the local.

- You might want to set yourself a target such as having one month's food supply in the house. Then at strike time your food expenditures can be limited to perishables like bread and milk.

- Growing your food in your garden or belonging to a community garden is another way of saving costs; however, this may be more of a long-term project and is dependent on the seasons.

INDIVIDUAL PRE-STRIKE FINANCIAL PREPARATION
RESOURCE SHEET #2

LOANS

- Approach your credit union or other financial institution and ask about consolidating your loans. This can often result in a reduction in payments.

- Consider requesting interest relief for loans and mortgages from your financial institution during the period of the strike. You can also renegotiate the terms of your loan. This may be all you need to get you through the immediate crisis of the strike, and once you are on your feet again after the strike, you may be able to reduce the term of your loan again.

- If you renegotiate your loans, see if you can arrange to start payments the next month so you have a month where you make no payments. This extra cash may solve your immediate cash-flow problems.

- Some credit unions, financial institution and community-based organizations have free credit counselling services. It will be in your best interests to go to one of these agencies for support and help.

INDIVIDUAL PRE-STRIKE FINANCIAL PREPARATION

RESOURCE SHEET #3

SAVINGS

Not everyone saves in the same way. Here are some ideas:

- Establish a fixed budget for while on strike
- Reduce the amount of cash you take out of your account by a fixed weekly amount.
- Save all your overtime cheques.
- Save your travel expenses cheques.
- Save all the change you have at the end of each day.
- Save every "loonie" or "toonie" you receive.

INDIVIDUAL FINANCIAL PROBLEMS DURING A STRIKE

RESOURCE SHEET

When faced with a payment, ask the four following questions:

1. Can I avoid payment?
   Can I do without the thing I'm buying?
   Can I trade, or pay in kind?
   Is there an alternative?
   Can I walk or use my bicycle instead of taking the bus?
   Can I carpool, take the bus or use my bike instead of using the car?

2. Can I reduce the payment?
   Can I reduce my food costs by not eating out?
   Can I send an email instead of making a long-distance phone call?
   Can I use my cell phone less?
   Can I pay my home insurance for six months instead of a year?

3. Can I postpone the payment?
   Can I put off out of province vacation?
   Can I get the landlord or mortgage company to agree to skip paying this month?
   Can I put off home improvement projects?

4. Can I raise some money for the payment?
   Can I get a temporary job?
   Can I sell something?
   Can I get a loan?