



6 Tips to keep your money and time in check during Ramadan

It is believed that Ramadan teaches patience, modesty, and spirituality. Ironically spending tends to be on the rise during the month. According to the Ramadan Consumer Behaviour study by market research company YouGov, the top purchases among consumers are food and groceries, followed by clothing. There is a massive increase in spending power during Ramadan, this increase is believed to be linked to the fact that 57% of all consumers claim they save throughout the year for Ramadan and Eid Al Fitr. In this article, we will try to control the past years uncontrolled spending habit during Ramadan.

1. Moderation is healthy physically and financially

Moderation is healthy for your body and wallet. Fasting is a practice that has been associated with a wide array of potential health benefits, including weight loss, as well as improved blood sugar control, heart health, brain function. Keeping yourself within limits allows you to strategically plan for other purchases and savings for goals. Don't ruin the month by overspending and overeating. Moderation will add to your health and your money.

2. Meal plan, make lists and shop in advance

Take food shopping decisions when you aren't hungry. Not only you are saving money here, by planning what you are going to eat in advance and shopping for it, you are saving precious time in Ramadan that you can use for ibadah instead of in a supermarket.

3. Continue saving for rainy days

Don't forget that life moves on after the festive season and you will need your savings prepared for whatever may come. Continue using the [50/20/30 budgeting rule](#) during Ramadan.

4. Call a charity organization to pick up your goods

You will not only save place and money of goods you have and don't use. You will also help others who will use your goods as needs and will feel the satisfaction of helping others, so you will profit financially and psychologically.

5. Check Ramadan banking hours

Banks working hours may change during Ramadan, don't forget to check your bank working hours and try internet banking to save time, ask [Nogood](#) for further details.

6. For Eid, try to plan for gift purchases, Eideya and trips early.

Don't forget Eid trips, gifts and Eideya you need to pay while planning for Ramadan, you don't need surprises during the last days of Ramadan. Early planning for Ramadan and Eid will help you enjoy the month and will save you money and time.

Remember that Ramadan is not a month to spend your money, but for many charities. You can take advantage of Ramadan to save more money. It is a month in the year, try to make it a month of saving instead of a month of spending.