

All My Money

Fact Sheet



All My Money is a curriculum for teaching money management and consumer skills to limited resource audiences. The materials are designed for staff or volunteers of community agencies and social service organizations to use in teaching their clients. Consumer and Family Economics educators from the University of Illinois Extension train the agency staff members how to use the curriculum in a series of workshops totaling up to 20 hours of training.

Money management and consumer skills are important for all households, but are critical for low-income families. However, opportunities for families to receive help on these subjects are limited. The University of Illinois Extension has developed the *All My Money* curriculum and delivery technique to meet this need.

All My Money:

- is appropriate for low-income audiences and those with low reading levels.
- can be used by agency staff with groups of clients or with individuals.
- can be used as a series or as individual lessons, depending on the agency and client needs.
- does not rely on equipment that agencies typically do not have (e.g., overhead projectors).
- uses hands-on activities and adult learning principles.
- includes virtually everything the agency's staff needs to cover the material with clients.

This curriculum is research based. A needs assessment survey of agencies in Illinois was used to establish the criteria for the curriculum including the topics to be covered and the types of settings (group or individual, series or single lesson) for which the materials needed to be appropriate. Several existing curricula, written for use with limited resource audiences, were evaluated against these criteria. The one that scored highest in the evaluation was then tested and evaluated in two pilot training series in Chicago. The results of the needs assessment, the pilot, and a review of other research literature on teaching limited resource audiences guided the revision and expansion of the curriculum.

All My Money is made up of 8 lessons, each with activities and handouts as well as a lesson plan and background information for the trainer. The lessons are:

- Making Spending Choices
Spending choices game; values and goals; talking about money
- Envelope Budgeting
Making a budget using the envelope system; when are bills due; getting more for your money
- Planning Your Spending
Tracking your spending with a receipt box; increasing income or reducing expenses; planning your food budget
- Understanding Credit
When to use credit; how much credit can you handle; applying for credit; using credit wisely
- Handling Credit Problems
Danger signals; what to do when you can't pay your bills; last-resort options; getting out of debt
- Building Consumer Skills
Advertising strategies; what type of buyer you are; smart shopping skills
- Taking Consumer Action
Consumer rights and responsibilities; how to complain and get action; who to contact for help
- Checks and Checking Accounts
Deciding whether to open a checking account and all the basic skills in managing a checking account

The only cost to agencies receiving training in this curriculum is \$100.00 (plus shipping) per person for the materials. Agencies will be asked to sign a letter of agreement outlining their commitment to using the program and providing training time for their staff. The participant materials (handouts) are available in Spanish. The cost of the Spanish materials is \$45.00 plus shipping costs.

Funding for the development of *All My Money* was provided by the Family Nutrition Program of the U.S. Department of Agriculture.

