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| **If you want to recommend a way to reduce living expenses for your friend, which of the following will you choose? Why?** • **Find a roommate to share a room** • **Do not buy the latest mobile phone, Buy new technological devices less Frequently** • **Buy cheap foods and cook home (do not often eat outside** |

Nowadays, it is hard to survive in the current economic climate. In order not to run into trouble in daily life, most of people should have a plan to decline their daily expense. There has been a long debate about the best way of cutting down the expense, which has the least impact in our life, but this term has been vague for a long time. While different people may opt to choose different items, I personally contend that buying cheap foods or cooking at home is the best way to decline the living expense. To support this, there are several reasons, two of which are going to be explored in the following essay.

To begin with, cooking foods at home instead of eating outside not only help people to handle their economic issues, but also results in a healthier lifestyle. Cooking at home help people to choose prime ingredients in their foods; moreover, most of the time food which is cooked at home is much cheaper than low-quality food at restaurants. In addition, against many people beliefs the quality of a food does not increase with its price and the place of the restaurants and how fancy they are, determine the price of food there. My experience is compelling example of this, in the first year of college, I used to order food from an expensive restaurant which was adjacent to our dormitory. It resulted in weight gain and some digestive problems. Therefore, I start to cook dinner by myself, after a month not only my digestive problem was solved, also I realized that I could save up more money for more dispensable issues.

Besides, I believe that solutions like finding a roommate or not buying state-of-art technological may solve the financial issue but I ensue other problems. Sharing a room with another person make distractions for a person; consequently, he should find another place like library to do the tasks, which need a high concentration. In addition, the technology is enhancing at a galloping rate; Thus, if even a young person does not buy new technological devices for one or two years, he will get behind the world. To exemplify, my sister did not change her laptop for 6 years, after she finished her college and started to work in a modern company it was very demanding for her to get use to the computer which was working with latest technology.

To bring everything into conclusion, I strongly concur that using home-cooked food and buy cheaper food is the most practical way of decreasing the living expense. Therefore, as many food experts recommend people can decrease their eaten meals in the restaurant and have a healthier body and more money.

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