

# Five Items Never To Skimp On—No Matter How Broke You Are

Written by AZFoothills.com

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When you are out of and have been broke for a while, it's easy to skimp on specific items. You can buy cheap versions of things or put off buying the things you want and replace them with the things you need. No matter how down and out you are, there are a few things you should never skimp on. Even when you have no money and can't afford to buy the things you want, below are some things that you should always do your best to spend a little money on.

## Underwear

Underwear is one of the most important things in your life. You wear underwear every day of your life. It protects your body in several ways. You want underwear to be high-quality, comfortable, and breathable. Low-quality underwear will make you uncomfortable, cause rashes, and leave you feeling self-conscious.

Whether you are showing other people what you look like in your underwear or not, [cheeky underwear](#) is a great option for women. It is comfortable and looks great. It contains the body while providing freedom as well. For men, the modern boxer brief is the way to go. Some modern men's underwear have a separation pocket to keep you dry and comfortable.

## Good Foods & Ingredients

Food can be expensive if you like nice things, but it doesn't have to break the bank to be healthy. The food you choose to put into your body greatly impacts your overall health. You don't need to go to fancy restaurants to get the most out of your food. You should, instead, buy high-quality ingredients from your local grocery store.

If you don't know [how to cook](#), you can learn simply by going online, looking up recipes, and watching tutorial videos. When you cook yourself, you'll have control over exactly what you put in your body. You don't need to add extra butter, salt, or fat. Whatever your diet is like, buying good foods and ingredients to make healthy, delicious meals should come before a lot of other things.

## Shoes & Socks

Your feet support your entire body. Your feet should be protected and cared for properly during any occasion. Shoes are another thing you shouldn't be cheap about. This doesn't mean that you must buy designer footwear, but if you invest in a high-quality pair of shoes that protect your feet, they will likely last longer than cheap shoes. When you have multiple pairs of good quality shoes, they will last even longer than they would if you were wearing a single pair every day.

You should also make sure to invest in nice socks. Your feet should be warm and comfortable, but also get some air in your socks. If you aren't supported, your whole body will respond positively. Your back could even feel better. Supportive shoes and nice socks are a must when it comes to items you shouldn't skimp on.

## Car Maintenance & Repairs

When you're broke, it's tempting to put off car maintenance or go for the cheap repair option. This isn't a good move. When you skimp on [vehicle maintenance and repairs](#), you will have to pay that money and more later. Keeping up your car is essential to making it last. When you don't maintain your vehicle, it will result in headaches later. Even if you think you can't afford it, there are payment plans and finance options. It's a good choice to bite the bullet and truly maintain your car.

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### Your Bed

You spend about a third of your life in bed. We spend so much time sleeping. It is truly nonsensical not to invest in the bed you sleep in. Not only should your mattress support you and keep you comfortable, but the platform, headrest, and rest of the bed should also be sturdy and high quality. A bed is an investment like anything else. If you invest a good amount of money in a mattress, it will last you a while.

Life is hard when you don't have enough money, but you don't want to make it harder by making the wrong decisions. It might not feel good to buy essentials—especially when you spend more money on them—but you will be glad you did later. Life is more comfortable when you have what you need. When you feel good, life will be more bearable even when you are stressed about money. Invest in yourself and you just might get out of your financial hole.