

SOUTHERN BARTER EXCHANGE

(501) 376-2278 Little Rock
www.southernbarter.com

CHECKLIST FOR TRADABLE EXPENSES

The following represents a broad listing of products and services that are generally available through Southern Barter Exchange, Inc. To get a good idea how valuable Southern Barter Exchange, Inc. membership will be to you, please do two things. First, check those items that you have purchased in the past 12 months. Then, write in the amount you have spent over the past 12 months next to those items. By adding up the total dollars spent, you will get a good idea of the cash dollars you can save by being a member of Southern Barter Exchange, Inc.

Advertising/Marketing

- Advertising Agencies
- Advertising Specialties
- Audio Production
- Convention Display
 - Purchase
 - Rental
- Customer Gifts
- Film or Video Production
- Direct Mail
 - Design
 - Mailing Lists
 - Mailing Service/Letter Shop
 - Printing
- Jingle Writing/Custom Music
- Marketing Consultants
- Media-Electronic
 - Broadcast Television
 - Radio
- Media-Outdoor
 - Banner Towing
 - Billboards
 - Mobile Billboards
 - Portable Signs
- Media-Print
 - Directory
 - Magazine
 - Newspaper
 - Shoppers
- Recording Studios
- Telemarketing
- Video Production
 - Commercial
 - Corporate
- Other Advertising:
 - Website Design

Automotive

- Auto Alarms
 - Auto Body Work
 - Auto Glass
 - Auto Repair
 - Auto Washing/Detailing
 - Auto Parts
 - Auto Stereos
 - Auto Tires
 - Batteries
 - Cellular Phones
 - Muffler Repair
 - Oil Changes
 - Radar Detectors
 - Radiator Repair
 - Sunroof
 - Transmission Repair
 - Truck Body Repair
 - Truck Lettering
 - Truck Accessories
 - Truck Washing
- Other Automotive:
- _____
- _____
- _____

Building/Physical Plant

- Construction
- Architectural Service
- Blinds & Shades
- Cabinets & Countertops
- Carpentry
- Concrete Finishing
- Construction Equipment Rental
- General Contractor
- Glass Contractor
- Drywall Contractor
- Ceiling Tile Contractor
- Electrical Contractor

- Heating/AC Contractor
- Interior Decorator
- Insulation Contractor
- Landscape Contractor
- Painting Contractor
- Plumbing Contractor
- Roofing Contractor
- Security System Installer
- Shelving
- Signs: Indoor & Outdoor
- Space Planning
- Window Replacement

Maintenance Services & Supplies

- Blinds Cleaning
 - Carpet & Upholstery Cleaning
 - Ceiling Tile Cleaning
 - Duct Cleaning
 - Floor Cleaning/Stripping/Waxing
 - Exterior Building Cleaning
 - Exterminator
 - Fire Extinguisher
 - Janitorial Chemicals
 - Janitorial Paper Products
 - Janitorial Service
 - Landscape Maintenance
 - Lawn Spraying Service
 - Locksmith
 - Mobile Power Washing
 - Overhead Door Repair
 - Paint
 - Plants, Plant Service
 - Plumbing Supplies
 - Sewer Cleaning & Rodding
- Other Building Expense:
- _____
- _____
- _____

Business Equipment/ Fixtures

- Artwork
- Audio/Visual Equipment
- Awnings
- Calculators
- Carpeting
- Cellular Phones
- Compactors
- Computer Expense
 - Consultants
 - Hardware
 - Paper
 - Peripherals
 - Power Protection
 - Printers
 - Ribbons
 - Software, Packaged
 - Software Conversion
 - Software Design
 - Training
- Copiers
- Fax Machines
- Fire Alarms
- First Aid Kits & Supplies
- Heaters, Space
- Light Bulbs & Tubes
- Lighting Fixtures
- Mail Room Equipment
 - Postage Meters
 - Scales
- Music/Message on Hold Systems
- Office Furniture
- Pagers/B beepers
- Picture Framing
- Power Supplies/Battery Backup
 - Radios, 2-way
- Rubber Stamps
- Security Systems/Monitoring
- Security Patrol
- Shipping Supplies
- Surge Suppressors
- Telephone Systems
- Typewriters
- Vacuum Cleaners
- Other Business Equipment:

Business Services

- Administrative Services
 - Answering Service
 - Internet Service
 - Mailing List Maintenance

- Mailing Service/Letter Shop
- Secretarial Service
- Word Processing
- General Office Services
 - Laminating
 - Magazine Subscriptions
 - Equipment Repair
- Professional Services
 - Accounting
 - Auctioneering Service
 - Bookkeeping
 - Business Broker
- Business/Management Consultant
 - Collection Agency or Attorney
 - Data Processing
 - Lawyers
 - Public Relations Firms
 - Real Estate Agents
- Other Business Services:

Industrial Equipment, Supplies & Services

- Adhesives
- Aerial Lifts
- Assembly Service
- Degreasers & Solvents
- Drill Bits
- Fasteners
- Hose; Water, Air & Hydraulic
- Industrial Batteries
- Lubricants
- Mats: Walk-Off, Anti-Fatigue
- Material Handling
 - Lift Trucks
 - Lift Truck Rental
 - Pallet Jacks
 - Shelving & Storage Systems
- Mill Supplies
- Pallets
- Pressure Washers & Chemicals
- Pressure Washing
- Safety Equipment
- Tarpaulins
- Vacuum Cleaners, Industrial
- Welding Supplies
- Wiping Rags
- Other Industrial:

Personnel

- Awards, Certificates, Plaques
- Background Checks
- Badges & Buttons
- Employee Gifts
- Employment Agency
- Health & Medical
 - Chiropractor
 - Counseling
 - Dentist
 - Eye Care, Glasses, Lenses
 - Endodontist
 - Family Practice
 - Health Club Memberships
 - Hearing Aids/Hearing Tests
 - Nutrition Consultants
 - Orthodontist
 - Periodontist
- I.D. Cards & Cameras
- Laminating
- Motivational Speakers
- Payroll Service
- Recruitment Advertising
- Training & Education
 - College Courses
 - Computer Training
 - Sales Training
- Other Personnel:

Printing & Graphics

- Binding Service
- Color Separations
- Decals
- Desk Top Publishing
- Die Cutting
- Retail Boxes
- Design Work
 - Advertising
 - Brochure
 - Illustrations
 - Logo Design
 - Envelopes
 - Laminating
 - Non-Continuous Forms
 - Photographers
- Printing
 - 1- & 2-Color
 - 4-Color
 - Business Cards
 - Continuous Forms
 - Envelopes
 - Decals
 - Diecutting

- Labels
- Screen Printing
- Typesetting
- Other Printing/Graphics:

Transportation

- Air Freight
- Auto Rental
- Freight
- Messenger/Delivery Service
- Movers
- Storage/Warehousing
- Other Transportation:
- Air Charter
- Airplane Storage

Travel & Entertainment

- Entertaining
- Balloons
- Banners
- Banquet Hall
- Banquet Supply Rental
- Bartending Service
- Cakes
- Catering
- Cruises
- Delicatessen
- Dinner Theater
- Fishing Resorts
- Florists
- Golf
- Night Clubs
- Party Boat Charter
- Party Planning
- Photographers
- Restaurants
- Sound Equipment & Rental
- Theater Tickets
- Video Taping

Hotels

- Local
- Out of Town
- Limousine Service
- Meeting Facilities

Other Travel & Entertainment:

Personal Expenses

- Apartment Rental
- Boats & Marine Supply
- Clothing
 - Children's
 - Leather Coats
 - Men's
 - Women's
- Cosmetics
- Cologne & Perfume
- Hair Care Products

Contractors

- Bathroom Remodeling
- Electrical
- Excavation
- Heating/A.C.
- Kitchen Remodeling
- Painting
- Plumbing
- Security Alarms
- Storage Buildings
- Roofing
- Wallpapering

Dining/Entertainment

- Amusement Park
- Caterers
- Concert Tickets
- Movie Tickets
- Night Clubs
- Party Planning
- Party Serving
- Photographers
- Pool & Billiards
- Theater Tickets
- Restaurants
- Wedding Planners
- Dry Cleaning

Education

- College & University Classes
- Computer Software Classes
- Karate Instruction
- Test Preparation Classes

- Engraving
- Financial Planning
- Fishing Equipment
- Florists
- Furriers
- Furniture
- Furniture Refinishing
- Garage Doors, Openers & Repairs

Golf

- Equipment
- Vacations

Health & Medical

- Chiropractor

- Cosmetic Surgery
- Counseling
- Dentists
- Eyecare, Glasses, Lenses
- Family Clinic
- Health Club Memberships
- Hearing Aids/Hearing Tests
- Massage Therapy
- Orthodontists
- X-Rays

Home

- Air Filtration Systems
- Aquariums
- Arcade/Pinball Games
- Artwork
- Bedding
- Bicycles
- Blinds & Shades
- Blinds Cleaning
- Candles
- Carpet Cleaning
- China & Flatware
- Clocks
- Cookware
- Doors
- Draperies
- Fabrics
- Fans
- Floor Refinishing
- Furniture
- Interior Decorator
- Landscaping
- Architects
- Contractors
- Jewelry
- Maid Service
- Mirrors, Mirrored Doors, Table Tops
- Outdoor Furniture
- Paint
- Pool Table
- Security Systems
- Siding Cleaning
- Tile: Bath or Floor
- Tools
- Tree Removal
- Upholstery Cleaning
- Vacuum Cleaners
- Vanities
- Water Heaters
- Water Treatment Equipment
- Windows
- Jewelry
- Limousine Service
- Locksmith
- Magazine Subscriptions

- Mattresses & Box Springs
- Meats, Gift or Specialty
- Movers
- Musical Instruments

Personal Services

- Beauty & Wardrobe Consultant
- Hair Salon
- Manicures
- Massages
- Tanning Salon
- Pet Stores
- Picture Framing
- Real Estate
- Real Estate Agents
- Rental Service Stores
- Scuba Diving Lessons/Equipment
- Ski Equipment
- Spas & Whirlpool Baths
- Tailoring
- Tax Return Preparation
- Timeshare Rental or Purchase
- Toys
- Umbrellas
- Veterinarians
- Watches
- Waterbeds

Other Personal Expenses:

Name of business _____

Contact person _____

Date _____