

# THE ENQUIRER

Cincinnati.com

[coupons.cincinnati.com](http://coupons.cincinnati.com)

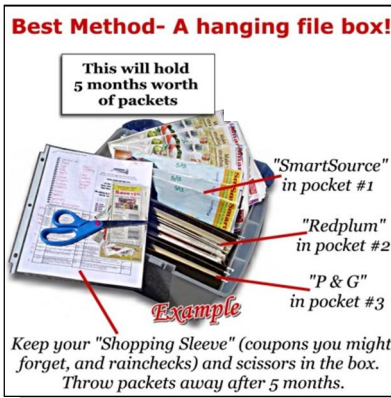
**HOW IT WORKS** How much does your family spend per month on grocery items (food, soaps, detergents etc.)? Using the printable grocery planner, your family can easily get by on hundreds less and consume all the same products and brands! How does the printable grocery planner work? Using each store's weekly ad, we produce spreadsheets with the listed SALE price of each item. In addition, we line up all the existing manufacturers coupons (Those from your Sunday newspaper, AND internet printable coupons) **then show you the bottom line for each item!** This is the info you need to REALLY save money using coupons (some things even work out to be **FREE!**). Knowing your bottom line while planning makes it easy to **STOCK UP** on items you know your family will consume.

**TO PLAN YOUR GROCERY TRIPS:**

1. At [coupons.cincinnati.com](http://coupons.cincinnati.com), make sure you click into the **LISTS** section
2. Select the store list you want, adjust it and print it when you're ready. At the top of the list click 'Start' and select the items you want, click 'Shrink', then 'Print'
3. In the margin, use a pen to mark how many of each items you are going to buy (see graphic at right)
4. On the same print out, you can type in or write down anything else you want to remember in the 'notes' area

**Important:** Buy multiple Sunday newspapers for your family. This is how families get enough coupons to stock up on grocery deals.

To file your manufacturer's coupons KEEP THE PACKETS (FOR 5 MONTHS) INTACT, DO NOT CUT THEM OUT WHEN YOU GET THEM:



**Planning:** Use the buttons to print only what you select (The ads don't print either!)

Don't forget: Apples, Gary's Progress, Sour Cream

Type any notes here before printing

100% Free Grocery Smarts.com Tear off strips for someone you most appreciate

We are not affiliated with this store. The store's ad is the only OFFICIAL authority. PRINTABLE coupons: Group A Group B Singles

Stock up scale	Weekly Ad 5-14 thru 5-20	Sale price	Coupon index	Bottom line
3	1 lb. box tomatoes	1.00 lb. N/A		3.00
4	Mini carrots, 1 lb. bag	1.00 N/A		1.00
1	Premium tomato plants, 1 gallon container	4.00 N/A		4.00
4	Red, yellow, or orange bell peppers	1.00 ea N/A		1.00 ea
1	USDA Organic Wild Harvest mini pecked carrots, 1 lb. bag	1.89 N/A	SS-511	3.28
4	Must buy 2 identical cuts in 2 separate packages. *Cross rib roast* or *Cross rib roast, trimmed rump	1.00 N/A		2 lbs. \$5.49
8	Albertsons butter 8 oz.	1.00 N/A		2.69
6	Albertsons sour cream 16 oz.	FREE		1.50
8	Danone yogurt 6 oz. single, 8 oz. 2 pack	1.00 N/A		1.50
6	John Morell Bigger Than The Bus packages. 11-16 oz. (**Careful, we are not sure if this is included in the sale)	1.00 N/A	SS-518	4.00
6	John Morell Bigger Than The Bus packages. any \$12 (7-31-08)	1.00 N/A	RP-518	4.02
	Must buy 2 packages London Broil	BI G1 N/A		2 lbs. \$5.49
	Must buy 2 packages Pork loin chops, bone in	BI G1 N/A		2 lbs. \$2.99
	Must buy 2 packages Pork shoulder country style ribs, boneless	BI G1 N/A		2 lbs. \$5.49
	Must buy 2 packages Tilapia 1 lb. fillet	BI G1 N/A		1.00
	Albertsons butter 8 oz.	1.00 N/A		1.00
	Albertsons sour cream 16 oz.	FREE		1.00
	Danone yogurt 6 oz. single, 8 oz. 2 pack	1.00 N/A		1.00
4	Reser's dip, 8 oz.	1.00 N/A		1.00
	7Up 2 liters	1.00 N/A		2.00
	Dannon Spring water, 6 pack	1.00 N/A		1.00
	Water 24 packs. Dasani or Albertsons brand	1.00 N/A		1.00
	Must buy 4 Pops or 7Up 12 packs	BI G2 N/A		1.00
	12 sheet "Graduation Cake", White or Chocolate	1.00 N/A		1.00

Write your own notes in margin

Make purchase decisions with these numbers

Circle the location of the coupon as you plan

Don't clip or print coupons until you've made your whole plan

Have a budget! Total up your list as you plan

**The "Coupon index" column:**

What variety it can be used on *grocery Smarts*

Coupon face value

Example: How many you have to buy

Campbell's Classic Microwavable Bowl Soups, any \$1.24 (4-30-07) RP-11/5

Coupon expiration date

Which packet it was in (SS=Smart Source, RP=Redplum, P&G=P&G)

\*SS1 or SS2 means there were 2 packets that week

Date the packet was in the Sunday newspaper

Stock up on items you commonly use WHETHER OR NOT you need them THIS week. This is the KEY to saving money on groceries. Stock your pantry or food storage gradually with these "screaming deals" and pretty soon you'll have a wide variety of items to supplement meal plans and act as the ultimate grocery budget buffer.

**To head out to the store:** Only cut out coupons for the products you are buying today. Leave the insert packets intact and at home, so they're ready for next week. Put your printed grocery planner (marked-up with your own notes) and all the coupons you have cut out, inside a clear "Shopping Envelope" (A gallon size Ziploc bag works well), then head to the store carrying only this envelope. For learners, obey your plan and don't fret about missing deals -the beauty is the simplicity! After your confidence grows, you can get as "extreme" as you want.

HELP US TEACH CLASSES!  
 We are looking for experienced and passionate couponers and bloggers to become authorized instructors! To find out more:  
**Call or text: 702-592-2516 or Email: [sjones749@aol.com](mailto:sjones749@aol.com)**