

grocerySmarts

The passport is: **g84chs**
(Utah area only)
Website is 100% free
Share this passport with everyone.

It's FREE! The average "Thrifty" family of 4 spends \$450 per month on grocery items (food, soaps, detergents etc.) Using Groceriesmarts, a family of 4 can easily get by on hundreds less and consume all the same products and brands. How does it work? Using the stores weekly ad, groceriesmarts maintains a list with the SALE price of each item. In addition, it lines up all the existing manufacturers coupons and tells you what your bottom line is for each item. Most things will be shockingly less than you're used to paying (Some things even work out to be FREE!) Knowing your bottom line makes it easy to stock up BIG TIME, at the lowest price on things you buy all the time anyway!

If you're already a thrifty shopper: Using groceriesmarts correctly, you WILL find an extra couple hundred dollars per month you never knew you had.

If you're not already a thrifty shopper: This is the way to become one and not notice a change in lifestyle.

Why wouldn't everyone use it? The work's already done for you, and it's totally FREE!

1. At **www.groceriesmarts.com**. Enter **g84chs** click Submit. Select the list you want, then print it. (At the top of your screen click "File" then "Print..."). **Hint-** to avoid entering your passport each time, add the page to your favorites (At the top of your screen click "Favorites" then "Add to favorites...").
2. In the margin, use a pen to mark how many of each item you are going to (See graphic, upper right).
3. Now, on the same printout, write down everything else you need for the week in the "notes" area (See graphic, upper right).

Important: Get multiple Sunday newspapers each week (1 per family member, babies included) just for the coupons so you can stock up on grocery deals! To file your coupons KEEP THE PACKETS (FOR 5 MONTHS) *INTACT*, DO NOT CUT THEM OUT ON SUNDAYS:



To head out to the store: You leave the packets intact and only cut out coupons for the products you are buying today.

Put all the coupons you have cut out, and your printout shopping list (marked-up with your own notes) inside a "Shopping Sleeve", and head to the store carrying only this sleeve. The "stuff you might forget" and other loose coupons should already be in there, so this sleeve is now all you need!

Best Method- A hanging file box!



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

Type any notes here before printing

Make purchase decisions with these numbers

Write your own notes in margin

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

Stock up scale	Weekly Ad 5-14 thru 5-20	Sale price	Coupon index	Bottom line
3-	Hot house tomatoes 1.00 lb.	N/A		3.00
1-	Mini carrots, 1 lb. bag	1.00		1.00
4-	Premium tomato plants, 1 gallon container	4.00		4.00
	Red, yellow, or orange bell peppers	1.00 ea.		1.00 ea.
	USDA Organic Wild Harvest mini-peeled carrots, 1 lb. bag	1.00	SS-511	3.28
	Must buy 2 identical cuts in 2 separate packages "Cross rib roast" or "Cross rib roast - ground ramp" (1 lb. ea.)	1.00		2 lbs./5.49
	Hot house tomatoes 1.00 lb.	N/A		2.6.99
	Hot house tomatoes 1.00 lb.	N/A		1.50
8-	John Morrell "Bigger Than The Bun" packages, 11-16 oz. (**Careful, we are not sure if this is included in the sale)	1.00	John Morrell "Bigger Than The Bun" Sausage, any 51/2 (7-51-48) RP-515	4.00
6-	Must buy 2 packages London Broil	B1 G1 FREE		4.02
	Must buy 2 packages Pork loin chops, bone in	B1 G1 FREE		2 lbs./5.49
	Must buy 2 packages Pork shoulder country style ribs, boneless	B1 G1 FREE		2 lbs./3.49
	Must buy 2 packages Tilapia fillet	B1 G1 FREE		2 lbs./5.99
	Albertsons butter 8 oz.	1.00		1.00
	Albertsons sour cream 16 oz.	1.00		1.00
	Danfield yogurt 8 oz.	1.00		1.00
	Albertsons almond singles, 8 oz.	1.00		1.00
	Reser's dip, 8 oz.	1.00		1.00
4-	7Up 2 liters	1.00		2.00
	Dannon Spring water, 6 pack	1.00		1.00
	Water 24 packs: Dasani or Albertsons brand	1.00		1.00
	Must buy 4 Pepsi or 7Up 12 packs	B2 G2 FREE		1.00
	1/2 sheet "Graduation Cake", White or Chocolate	N/A		1.00

The "Coupon index" column:

What variety it can be used on

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

Heather Seely: (801) 825-8541

Quick Class: A FREE service provided by groceriesmarts-

We teach hands-on tips, tricks and pointers to cut your grocery budget by hundreds.

Any group large or small- Call to check scheduling for your friends, club or church.