

# grocerySmarts

Utah Passport:

**g84r01**

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**HOW IT WORKS:** The average "Thrifty" family of four spends \$500 per month on grocery items (food, soaps, detergents etc.) Using the printable grocery planner, a family of four can easily get by on hundreds less and consume all the same products and brands! How does the printable grocery planner work? -Using a store's weekly ad, we maintain a list with the SALE price of each item. In addition, we line up all the existing manufacturers coupons (-online printable coupons, AND those from your Sunday newspaper-) **then show 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 extremely easy to stock up at the lowest price on items your family consumes a lot of.

**TO PLAN YOUR GROCERY TRIPS-**

1. At [www.grocerysmarts.com](http://www.grocerysmarts.com) enter the passport code printed at the top of this page. Select the list you want, and print it when you're ready. (At the top of the list click "Start", select items you want, click "Shrink", then "Print now").
2. In the margin, use a pen to mark how many of each item you are going to purchase (See graphic, upper right).
3. On the same printout, you can type in or write down everything else you need for the week in the "notes" area.

**Important:** Get multiple Sunday newspapers each week (1 per family member, babies included) just for the manufacturer's coupon packets so you can stock up on grocery deals! Stocking up on select screaming deals, week after week (-items you commonly use WHETHER OR NOT you need it THIS week-), 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 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!)

Stock up scale	Weekly Ad 4-14 thru 5-20	Sale price	Coupon index	Bottom line
3	Hot house 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
4	USDA Organic Wild Harvest mini-picked carrots, 1 lb. bag	1.99 N/A	SS-511	3.28
8	Must buy 2 identical cuts in 2 separate packages. *Cross rib roast or *Cross rib roast, 3-4 lb. rump	1.00 N/A		2 lbs./5.49
6	John Morrell "Bigger Than The Ban" packages. 1 lb. loaf	1.00 N/A		2.69
8	John Morrell "Bigger Than The Ban" packages. 1 lb. loaf	1.00 N/A		1.50
6	John Morrell "Bigger Than The Ban" packages. 1 lb. loaf	1.00 N/A		1.50
4	Must buy 2 packages London Brood chops, bone in	B1 G1 N/A		2 lbs./5.49
4	Must buy 2 packages Pork loin	B1 G1 N/A		2 lbs./2.99
4	Must buy 2 packages Pork shoulder	B1 G1 N/A		2 lbs./3.49
4	Must buy 2 packages country style ribs, boneless	B1 G1 N/A		2 lbs./5.99
4	Must buy 2 packages Idaho Idaho	B1 G1 N/A		2 lbs./5.99
4	Albertsons butter 8 oz	B1 G1 N/A		1.00
4	Albertsons sour cream 16 oz	B1 G1 N/A		1.00
4	Danfield veggie burger 100%	B1 G1 N/A		1.00
4	Albertsons andouille sausage, 5 oz	B1 G1 N/A		1.00
4	Reser's dip, 8 oz	B1 G1 N/A		1.00
4	Zip 2 tissues	B1 G1 N/A		2.00

**Best Method- A hanging file box!**

Keep your "Shopping Sleeve" (coupons you might forget, and rainchecks) and scissors in the box. Throw packets away after 5 months.

**File "like packets" together:**

**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 \$1.24-30-07 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

(Sometimes manufacturer's coupon packets come in your "junk mail" -keep those packets as well.)

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

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.

**Schedule a Class for your friends!** -Starts everyone onto the right track and cuts through the misconceptions many people have. Any group of moms large or small, call:  
**801-358-0454**