groceySmarts

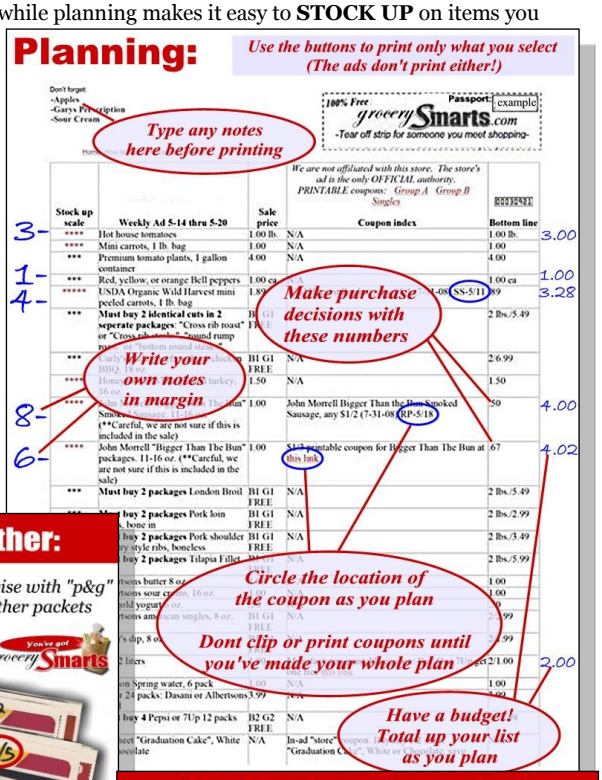
On your Android visit-
android.GrocerySmarts.com

Website is 100% free- *You CAN photocopy/distribute this page!*

HOW IT WORKS- The average family of four spends well over $600 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 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 what your bottom line is 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...AT EXTREMELY LOW PRICES.

TO PLAN YOUR GROCERY TRIPS-

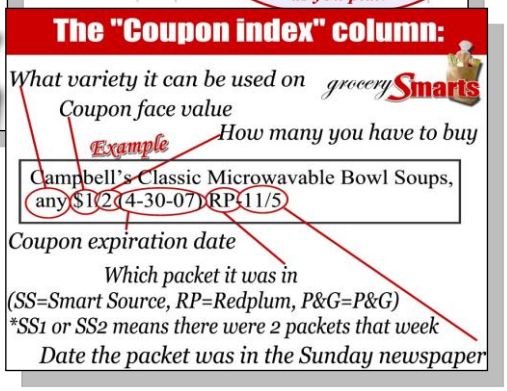
1. At **www.themlbb.com**
2. Select the list you want, and print it when you're ready. (At the top of the list click "Start", select items you want, click "Shrink", then "Print now").
2. In the margin, use a pen to mark how many of each item you are going to (See graphic at right).
3. On the same printout, you can type-in or write down anything else you want to remember in the "notes" area.



Important: Get multiple Sunday newspapers each week (1 per person in your household.) This is how families get enough coupons to stock up on grocery deals! **You can call the phone number at the bottom of this page for the guaranteed cheapest way to get multiple Sunday newspaper subscriptions.**

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

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



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 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! As your confidence grows, you can get as "Extreme" as you want.

Schedule a Class for your friends- Our class is always free and starts everyone onto the right track! To set it up for your Friends, Club or Church Group (or any group of moms, 5 to 500 people!) Call-

Julie Thompson
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