Website is 100% free

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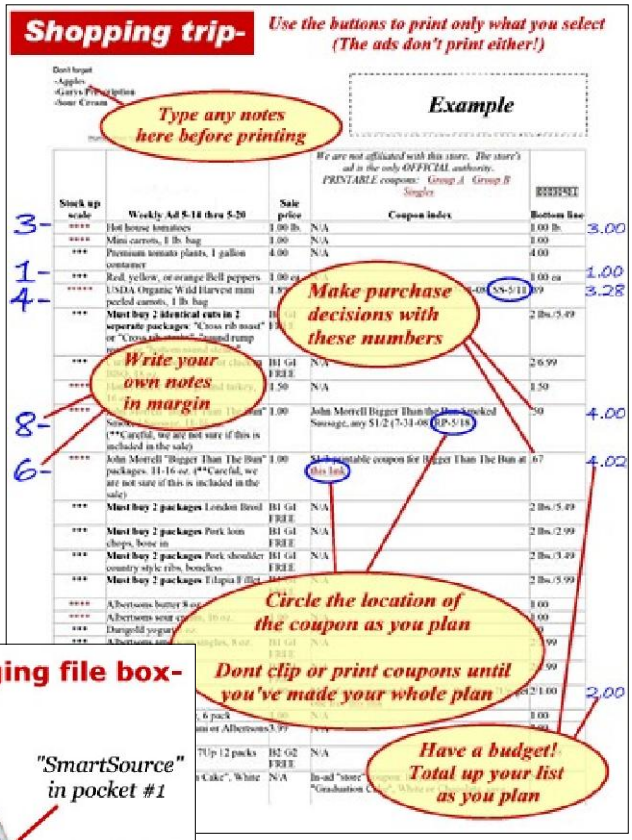
HOW IT WORKS- The average "Thrifty" family of four spends $500 per month on grocery items (food, soaps, detergents etc.) Using manufacturers coupons in conjunction with a stores weekly ad, a family of four can easily get by on hundreds less! How does it work? -Using stores weekly ads, we maintain lists with the SALE prices of each item. In addition, we line up all the existing manufacturers coupons **then show you what your bottom line is for each item.** Many 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.



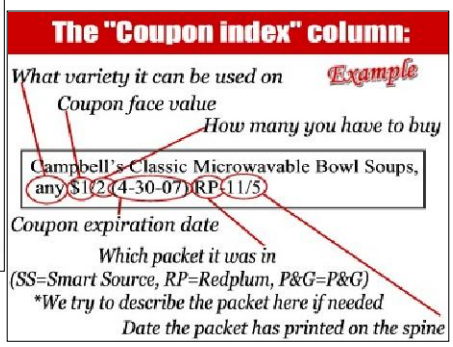
TO PLAN YOUR GROCERY TRIP

1. At **www.mamasonadime.com** Select the store list you want, adjust it, 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, 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 just for the manufacturer's coupon packets so you can stock up on grocery deals. There are resources on our website to get you the best deal on Sunday newspapers.

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 *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.)

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. This is a simple system that makes using coupons easy, and a great way to get started couponing!