

grocerySmarts

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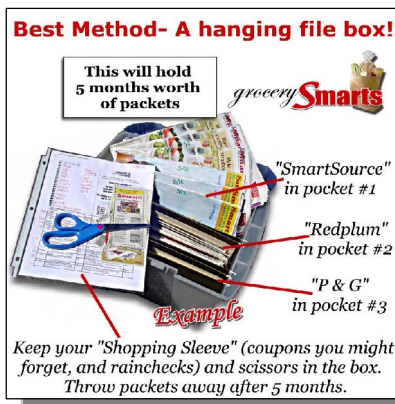
HOW IT WORKS: The average family of four spends well over \$600 per month on grocery items (food, soaps, detergents etc.) Using the printable grocery planner, a family of four can easily get by on hundreds less and consume all the same products and brands! How does the printable grocery planner work? -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 sacbee.grocerysmarts.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"). 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:



Planning:

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

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	N/A		1.00
4	Picnaram tomato plants, 1 gallon container	4.00		4.00
4	Red, yellow, or orange bell peppers	1.00 ea		1.00 ea
4	USDA Organic Wild Flavesc mini-peeled carrots, 1 lb. bag	1.00 ea	SS-511	3.28
8	Must buy 2 identical cuts in 2 separate packages "Cross rib roast" or "Cross rib roast - seasoned ramp	B1 G1		2.69
6	FREE	FREE		1.50
8	John Morrell "Bigger Than The Bus" packages, 11-16 oz. (**Careful, we are not sure if this is included in the sale)	1.00	John Morrell Bigger Than The Bus Smoked Sausage, any \$1/2 (7-31-08) (RP-511)	4.00
6	John Morrell "Bigger Than The Bus" packages, 11-16 oz. (**Careful, we are not sure if this is included in the sale)	1.00	Printable coupon for Bigger Than The Bus at 67	4.02
	Must buy 2 packages London Broil	B1 G1		2 lbs./5.49
	Must buy 2 packages Pork loin bone in	B1 G1		2 lbs./2.99
	Must buy 2 packages Pork shoulder	B1 G1		2 lbs./5.49
	Must buy 2 packages Tilapia Fillet	B1 G1		2 lbs./5.99
	Butter 8oz.	N/A		1.00
	Seamless 16 oz.	N/A		1.00
	Yogurt 6 oz.	N/A		.99
	Yogurt 8 oz.	N/A		.99
	Spring water, 6 pack	N/A		2.00
	Packs, Dasani or Albertsons	3.99		1.00
	4 Pepsi or 7up 12 packs	B2 G2		FREE
	"Graduation Cake", White	N/A		1.00
	"Graduation Cake", White	N/A		1.00

The "Coupon index" column:

What variety it can be used on
Coupon face value
Example: Campbell's Classic Microwavable Bowl Soups, any \$1/2 (4-30-07) (RP-11/5)
How many you have to buy
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 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.

Is this fun? YES! Turn a passion into income- We are looking for people to become certified to teach these classes. Whether you're a deal blogger, long time couponer, or just a person now excited about grocery savings, this is for you.
(916) 792-3124 -or- (916) 257-3883