

TexasSmartbuys.com brought to you by the:

# HOUSTON★CHRONICLE

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**HOW IT WORKS** How much does your family spend per month on grocery items (food, soaps, detergents etc)? Using the printable grocery planner, your family 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.

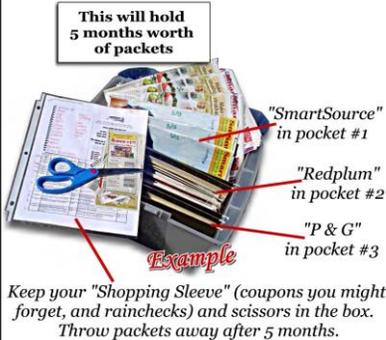
## TO PLAN YOUR GROCERY TRIPS:

1. At **TexasSmartBuys.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 Houston Chronicle newspapers each week (1 per person in your household.) This is how families get enough coupons to stock up on grocery deals!

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

### 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
****	Hot house tomatoes	1.00 lb.	N/A	1.00 lb.
****	Mini carrots, 1 lb. bag	1.00	N/A	1.00
****	Premium tomato plants, 1 gallon container	4.00	N/A	4.00
****	Red, yellow, or orange Bell peppers	1.00 ea		1.00 ea
****	USDA Organic Wild Harvest mini peeled carrots, 1 lb. bag	1.89	SS-511	3.28
****	Must buy 2 identical cuts in 2 separate packages. "Cross rib roast" or "Cross-cut bone-in, seasoned tripp			2 lbs./5.49
****	Albertsons butter 8 oz.	B1 G1		2.69
****	Albertsons sour cream 16 oz.	B1 G1		1.50
****	Albertsons any soup singles, 8 oz.	B1 G1		1.50
****	Reser's dip, 8 oz.	FREE		50
****	7Up 2 liters	1.00	John Morrell Bigger Than the Bun Sausage, any \$1/2 (7-31-08) (RP-518)	4.00
****	Dannon Spring water, 6 pack	1.00	John Morrell "Bigger Than the Bun" packages. 11-16 oz. (**Careful, we are not sure if this is included in the sale)	4.02
****	Water 24 packs. Dasani or Albertsons	1.99	Must buy 2 packages London Brood chops, bone in	2 lbs./5.49
****	Must buy 2 packages Pork shoulder country style ribs, boneless	FREE	Must buy 2 packages Pork shoulder	2 lbs./2.99
****	Must buy 2 packages Tilapia Fillets	FREE	Must buy 2 packages Pork shoulder country style ribs, boneless	2 lbs./3.49
****	Albertsons butter 8 oz.	B1 G1	Must buy 2 packages Tilapia Fillets	2 lbs./5.99
****	Albertsons sour cream 16 oz.	B1 G1	Albertsons any soup singles, 8 oz.	1.00
****	Albertsons any soup singles, 8 oz.	B1 G1	Reser's dip, 8 oz.	1.00
****	Reser's dip, 8 oz.	FREE	7Up 2 liters	99
****	7Up 2 liters	1.00	Dannon Spring water, 6 pack	99
****	Dannon Spring water, 6 pack	1.00	Water 24 packs. Dasani or Albertsons	2/1.00
****	Water 24 packs. Dasani or Albertsons	1.99	Must buy 4 Peps or 7Up 12 packs	1.00
****	Must buy 4 Peps or 7Up 12 packs	FREE	12 sheet "Graduation Cake", White or Chocolate	1.00
****	12 sheet "Graduation Cake", White or Chocolate	N/A	local "store" "Graduation Cake", White or Chocolate	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.

**Schedule a Smart Shopper Class for your friends-** Do you know at least 8 people who would like to learn how to save money? Schedule a Texas Smartbuys class for your friends, club, business or church group!! Just call **435-720-2103**