



Website is 100% free
Share this with everyone. Feel free to photocopy/distribute this page

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

Type any notes here before printing

Example

We are not affiliated with this store. The store's ad is the only OFFICIAL authority.
PRINTABLE coupons: Group A Group B Single

Stock up	Weekly Ad 5-18 thru 5-20	Sale price	Coupon index	Bottom line
3-1-4-8-6-4-	Hot house tomatoes	3.00 lb.	N/A	3.00
	Mini carrots, 1 lb. bag	1.00	N/A	1.00
	Pecan toast plants, 1 gallon container	4.00	N/A	4.00
	Red, yellow, or orange Bell peppers	1.00 ea.	N/A	1.00
	USDA Organic Wild Harvest mini-peeled carrots, 1 lb. bag	1.00	SS-5/11	3.28
	Must buy 2 identical cuts in 2 separate packages: "Cross rib roast" or "Cross rib roast second trim"	2 lbs./5.49		
	John Morrell "Bigger Than The Bun" 100% whole wheat hamburger buns, 10 ct.	2.69		2.69
	John Morrell "Bigger Than The Bun" 100% whole wheat hamburger buns, 10 ct.	1.50		1.50
	John Morrell "Bigger Than The Bun" 100% whole wheat hamburger buns, 10 ct.	1.00		1.00
	John Morrell "Bigger Than The Bun" 100% whole wheat hamburger buns, 10 ct.	4.00		4.00
	John Morrell "Bigger Than The Bun" 100% whole wheat hamburger buns, 10 ct.	4.02		4.02
	Must buy 2 packages London broil	2 lbs./5.49		
	Must buy 2 packages Pork loin chops, bone in	2 lbs./2.99		
	Must buy 2 packages Pork shoulder country style ribs, boneless	2 lbs./3.29		
	Must buy 2 packages T Hops 8 oz.	2 lbs./5.99		
	Albertsons butter 8 oz.	0.00		0.00
	Albertsons sour cream 16 oz.	0.00		0.00
	Danone yogurt 6 oz.	0.00		0.00
	Albertsons milk 1/2 gal.	0.99		0.99
	Reser's dry, X-Large	0.99		0.99
	Tup 2 hours	2.00		2.00
	Dannon Spring water, 6 pack	0.00		0.00
	Water 24 packs, Danone or Albertsons 99 brand	0.00		0.00
	Must buy 4 Peps on Tup 12 packs	N/A		
	1/2 sheet "Graduation Cake", White or Chocolate	N/A		

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

HOW IT WORKS- The average "Thrifty" family of four spends \$500 per month on grocery items (food, soaps, detergents etc.) Using the Groceriesmart tools, a family of four can easily get by on hundreds less! How does the list feature 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 (-online printable coupons, AND those from your Sunday newspaper-) 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 en masse!

TO PLAN A GROCERY TRIP

1. At www.utahcoupondeals.com click 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 (1 per person in your household -babies included) each week 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

Easy method: Hanging file box-

Holds over 5 months worth of packets (Keep packets at least 5 months.)

"SmartSource" in pocket #1

"Redplum" in pocket #2

"P & G" in pocket #3

Example

Keep a "Shopping Sleeve" (register coupons, mailers, rainchecks, etc.) and scissors in the box.

"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.

File "like packets" together:

All "SmartSource" together

All "Redplum" together

Do likewise with "p&g" and other packets

The date the packet has printed on the spine (You write this)

The "Coupon index" column:

What variety it can be used on

Coupon face value

Example

Campbell's Classic Microwavable Bowl Soups, any \$1.24 (4-30-07) (RP: 1/5)

Coupon expiration date

Which packet it was in (SS=Smart Source, RP=Redplum, P&G=P&G)

*We try to describe the packet here if needed

Date the packet has printed on the spine

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: **Coralie Seright**
801-828-7925