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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 **myvegasmommy.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:**



Easy method: Hanging file box-

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



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

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

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

Stock up	Weekly Ad 5-11 thru 5-20	Sale price	Coupon index	Bottom Line
3-	Hot honey tomatoes	1.00 lb.	N/A	1.00
1-	Mini carrots, 1 lb. bag	1.00	N/A	1.00
4-	Petunias tomato plants, 1 gallon container	4.00	N/A	4.00
	Red, yellow, or orange Bell peppers	1.00 ea.	SS-5/11/09	1.00
	USDA Organic Wild Harvest mini peeled carrots, 1 lb. bag	1.99		3.28
	Must buy 2 identical cuts in 2 separate packages. "Cross rib roast" or "Cross rib roast, seasoned rump roast"	2 lbs./5.49		
	Red, yellow, or orange Bell peppers	1.00 ea.		2.69
	USDA Organic Wild Harvest mini peeled carrots, 1 lb. bag	1.50		1.50
8-	John Morrell Bigger Than The Bun Smoked Sausage, any 5/2 (7-31-08) (RP-5/18)	1.00		4.00
6-	John Morrell Bigger Than The Bun Smoked Sausage, any 5/2 (7-31-08) (RP-5/18)	1.00		4.00
	Must buy 2 packages London Broil	1 lb./4.99		2 lbs./5.49
	Must buy 2 packages Pork loin chops, bone in	1 lb./4.99		2 lbs./2.99
	Must buy 2 packages Pork shoulder country style ribs, boneless	1 lb./4.99		2 lbs./3.49
	Must buy 2 packages Tilapia fillet	1 lb./4.99		2 lbs./3.99
	Albertsons butter 8 oz.	1.00		1.00
	Albertsons sour cream 8 oz.	1.00		1.00
	Darigold yogurt 8 oz.	1.00		1.00

The "Coupon index" column:

What variety it can be used on **Example**

Coupon face value

How many you have to buy

Campbell's Classic Microwavable Bowl Soups, any \$1.2 (4-30-07) (RP) 11/5

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

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!