

# grocerySmarts



Northern California passport:

**g96sbb**

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**It's FREE!** The average "Thrifty" family of four spends \$500 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 a store's weekly ad, we maintain a list with the SALE price 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.** Most 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 a lot of.

Whether or not you're already a thrifty shopper: Using our lists correctly, you can find an extra couple hundred dollars per month you never knew you had.

- At **www.grocerysmarts.com** Enter **g96sbb** click Submit. Select the list you want, and then print it. (At the top of the list click "**Start**", select items you want, click "**Shrink**", then "**Print now**"). **Hint**- to avoid entering your passport each time, add the page to your favorites (At the top of your screen click "Favorites" then "Add to favorites...").
- In the margin, use a pen to mark how many of each item you are going to (See graphic, upper right).
- 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 (1 per family member, babies included) 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 "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 (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-	1 lb. bag	1.00	N/A	1.00
1-	Mini carrots, 1 lb. bag	3.00	N/A	3.00
4-	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	1.89
	Must buy 2 identical cans in 2 separate packages. "Cross rib roast" or "Cross rib roast" ground tripp	1.00		2 lbs./5.49
	BBQ, 19 oz.	1.89		2.69
	Household laundry	1.50		1.50
8-	John Morrell Bigger Than The Hun	1.00	RP-511	50
6-	John Morrell Bigger Than The Hun	1.00	RP-511	67
	Must buy 2 packages London Broil	1.00		2 lbs./5.49
	Must buy 2 packages Pork loin chops, bone in	1.00		2 lbs./2.99
	Must buy 2 packages Pork shoulder country style ribs, boneless	1.00		2 lbs./3.49
	Must buy 2 packages Tilapia Fillet	1.00		2 lbs./5.99
	Albertsons butter 8oz.	1.00		1.00
	Albertsons sour cream 16oz.	1.00		1.00
	Danone yogurt 6oz.	1.00		1.00
	Albertsons apple singles, 8oz.	1.00		1.00
	Reser's dip, 8 oz.	1.00		1.00
4-	7Up 2 liters	2.00		2.00
	Dannon Spring water, 6 pack	1.00		1.00
	Water 24 packs. Dasani or Albertsons brand	1.00		1.00
	Must buy 4 Pepsi or 7Up 12 packs	1.00		1.00
	1/2 sheet "Graduation Cake", White or Chocolate	1.00		1.00

**Best Method- A hanging file box!**

This will hold 5 months worth of packets

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"SmartSource" in pocket #1

"Redplum" in pocket #2

"P & G" in pocket #3

**Example**

Keep your "Shopping Sleeve" (coupons you might forget, and rainchecks) and scissors in the box. Throw packets away after 5 months.

**File "like packets" together:**

All "SmartSource" together

All "Redplum" together

Do likewise with "p&g" and other packets

The date the packet was in the Sunday paper (found on spine)

**The "Coupon index" column:**

What variety it can be used on

Coupon face value

Example: 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)

\*SS1 or SS2 means there were 2 packets that week

Date the packet was in the Sunday newspaper

(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.

Schedule the Free Class for your friends- Hands-on tips and tricks to start everyone onto the fast track and cut any grocery budget by hundreds. Any group large or small, call:  
**Becky Bunting (916) 343-2376**