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<http://sacbee.grocerysmarts.com>

The average family of four spends well over \$600 per month on grocery items (food, personal and household items). Using this free printable grocery planner, a family of four can easily get by on hundreds less and consume all the same products and brands! Plus, all the work is done for you!!

By following a few simple tips, you will learn how to save hundreds of dollars every month on groceries, household items, toiletries, and health products you already buy!

- Principle #1 – use a coupon when something is on sale
- Understand how the grocery store works
- Principle #2 – use multiple coupons to stock up
- Use our super easy 5-minute organization method (see image below)
- Use the FREE printable grocery planner to buy items at extreme prices
- Most important: Get enough newspapers for your family

To plan your grocery trips:

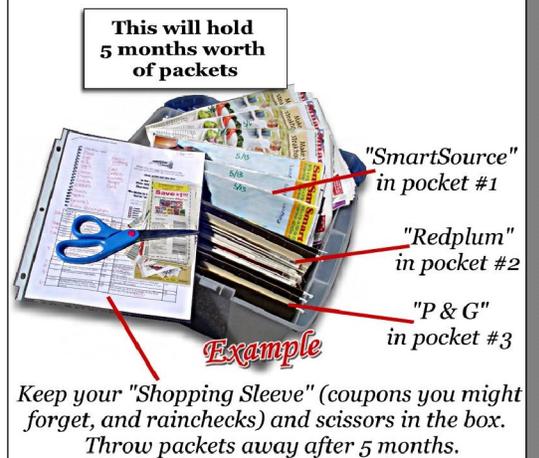
1. Go to sacbee.grocerysmarts.com - Select the store you want, click 'start', select items you want, click 'shrink', then 'print'
2. In the left margin, use a pen to mark how many of each item you are going to purchase
3. On the same printout, you can type-in or write down anything else you want to remember in the "notes" area
4. Cut out your coupons or print off any online coupons found on your list, place the list and coupons in a sheet protector and off you go!!

How it works:

Get multiple Sunday newspapers each week. We suggest at least 1 per person in your household. This is how families get enough coupons to stock up on grocery deals and make them last until the sale cycles around again.

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 "rock bottom prices" and pretty soon you'll have a wide variety of items to supplement meal plans and act as the ultimate grocery budget buffer! As your confidence and your stockpile grow, you can get as "extreme" as you want.

Best Method- A hanging file box!



SCHEDULE A COUPONING CLASS FOR YOUR FRIENDS!

Do you know at least 8 moms who would like to learn how to save money? Host a **free** Couponing class for your friends, club, business or church group! Just call-

(916) 897-1916