

grocerySmarts

Utah Passport:

g84cah

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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 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.

TO PLAN YOUR GROCERY TRIPS-

1. At **www.grocerysmarts.com** enter the passport code printed at the top of this page. 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 purchase (See graphic, upper 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 (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!)

Don't forget:
-Apples
-Gummy Fruit
-Sour Cream

100% Free
grocerySmarts.com
-Tear off strip for someone you meet shopping-

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

The "Coupon index" column:

What variety it can be used on
Coupon face value
Example: Campbell's Classic Microwavable Bowl Soups, any \$1.22 (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 sale	Weekly Ad 5-14 thru 5-20	Sale price	Coupon index	Bottom line
Hot house tomatoes	1.00 lb.	N/A	1.00 lb.	3.00
Mini carrots, 1 lb. bag	1.00	N/A	1.00	1.00
Premium tomato plants, 1 gallon container	4.00	N/A	4.00	4.00
Red, yellow, or orange bell peppers	1.00 ea.	N/A	1.00 ea.	1.00
USDA Organic Wild Harvest mini peeled carrots, 1 lb. bag	1.89	N/A	1.89	3.28
Must buy 2 identical cuts in 2 separate packages. "Cross rib roast" or "Cross rib roast, trimmed ramp	1.00	N/A	2 lbs./5.49	2.00
Butter, 1 lb. stick	2.69	N/A	2.69	2.69
Homemade sausage, 1 lb. bag	1.50	N/A	1.50	1.50
John Morrell Hogger Than The Hogger Sausage, any \$1.2 (7-31-08) (RP:5/1)	50	N/A	4.00	4.00
Must buy 2 packages London Broil	1.00	N/A	67	4.02
Must buy 2 packages Pork loin chops, bone in	1.00	N/A	2 lbs./5.49	2.00
Must buy 2 packages Pork shoulder country style ribs, boneless	1.00	N/A	2 lbs./5.49	2.00
Must buy 2 packages Yalapa Filet	1.00	N/A	2 lbs./5.49	2.00
Albertsons butter 8 oz.	1.00	N/A	1.00	1.00
Albertsons sour cream, 16 oz.	1.00	N/A	1.00	1.00
Danigold yogurt, 8 oz.	1.00	N/A	1.00	1.00
Albertsons am...	1.00	N/A	1.00	1.00
Reser's dip, 8 oz.	1.00	N/A	1.00	1.00
7Up 2 liters	1.00	N/A	2.00	2.00
Dannon Spring water, 6 pack	1.00	N/A	1.00	1.00
Water 24 packs: Dasam or Albertsons	1.00	N/A	1.00	1.00

Best Method- A hanging file box!



(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 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: **Amy Hansen**
801-878-9083