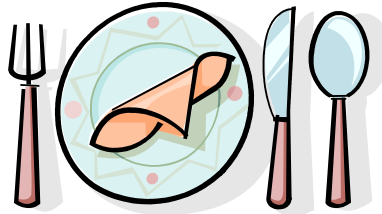


Frugal Gourmet

February 2010

Presented by Rocky Chandler



I know I'm supposed to have food storage BUT...

- 1. We've been counseled to have food/commodities storage but where do I put it?
- 2. Money is tight.
- 3. Not a priority.
- 4. I don't know where to start.

Food Storage the Easy Way



Hey, Mom! What's for dinner?

So What month is it anyway?

April, May, June, July, August, September

Newspaper Ads



<http://grocerygeek.blogspot.com/>

Coupons -The buddy system



<http://grocerygeek.blogspot.com/>

Adding to your food storage

- 1. Leftovers
- 2. Out to dinner
- 3. Mom's on strike night
- 4. New dish gets added

Summary

- 1. Make a 30 / 31 day menu for
Spring / Summer and Fall / Winter.
- 2. Multiply out everything you need for 3/6 or 12 months.
- 3. Use what you grow.
- 4. Have a core grocery list.
- 5. Shop sale ads and use coupons.
- 6. Buy in bulk.

You may already know this, but I didn't until about 3 weeks ago when I read it in a money saving article. Walmart will honor other store's circular sale prices or comparisons - the really low ones on the front page. These are the circulars that come in the mail. No more coupon cutting. It has cut our grocery bill in half and saved me the trouble of driving all over town.

This is what I've found works best in trying it for the last three weeks.

* I gather all 5 or 6 circulars that I want to use and make a shopping list. As I shop I try to place the circular sale items from one store together in a little area of the cart. Once at the check-out I place the circular ad down with the sale items on top of it. I then show the ad price to the checker as each item is scanned and then subsequently re-priced or over-written.

*Shop early in the morning or late at night. Afternoons and Saturdays are not that great.

Shoppers behind you can get impatient. I usually tell them politely that this may take a few minutes and recommend that they may want to find another line. They are usually grateful for the tip.

* Walmart will not honor percentages or other stores in-store coupons. For example they will not give 50% off a price or match an in-store coupon for Stater Brothers that requires 5 items purchased for \$5.00.

*Walmart will only match exactly priced items. For example, they sell oranges at \$.25 each. They will not substitute oranges at say \$.33/lb. Plan on getting your oranges somewhere else. Same for watermelon unless you find an ad for a specific price - \$1.88 per mini melon and not watermelon for \$.19/lb.

*The checkers are often confused and get ansy. They have to consult with the manager who will tell them it's O.K. Gently guide them and show them the sale prices as they go. They have to see the circulars. Some have kept the circulars, some have not.

*The produce at Walmart is fantastic. I just purchased Mangos at 3/\$1.00. They were huge and luscious fruits, not skimpy, withered things. All of their produce is usually top-notch. I also got giant sweet strawberries for \$.69 a clam shell last week. They were priced for over \$2.00 a clam shell.

*They will substitute store brand items such as meat and packaged salads, potatoes, etc. if the ad doesn't exactly match. They require an exact product for other items though.

*If you have a coupon in addition to the sale price, you really make a killing.

Happy shopping. I hope this helps someone.

Sara Owen

Couponing Class Source: Tamara Hamill: email: bb.vnth@gmail.com

Online Coupons

The Krazy Coupon Lady: Never miss another NEW internet printable coupon and all the great Coupon Match Ups for your local grocery stores!! Subscribe to the Krazy Coupon Lady Feed AND our daily emails with the form to the right. Coupons added this week are indicated with **bold** and reset on Sunday. <http://thekrazycouponlady.com/print-coupons>

Coupon Mom: I have been a Strategic Shopper for over 16 years, and save 50% or more on groceries by combining grocery items' lowest prices with store promotions and coupons. However, being an expert Strategic Shopper is a real skill, and it can take time to learn how to combine every possible savings program to pay the lowest prices, or to get groceries absolutely free. The great news is that you don't have to be an expert Strategic Shopper to save 50% or more on your groceries when you use the Coupon Mom website. In fact, over 2 million members take advantage of the site's free tools to save big with very little effort.
couponmom.com