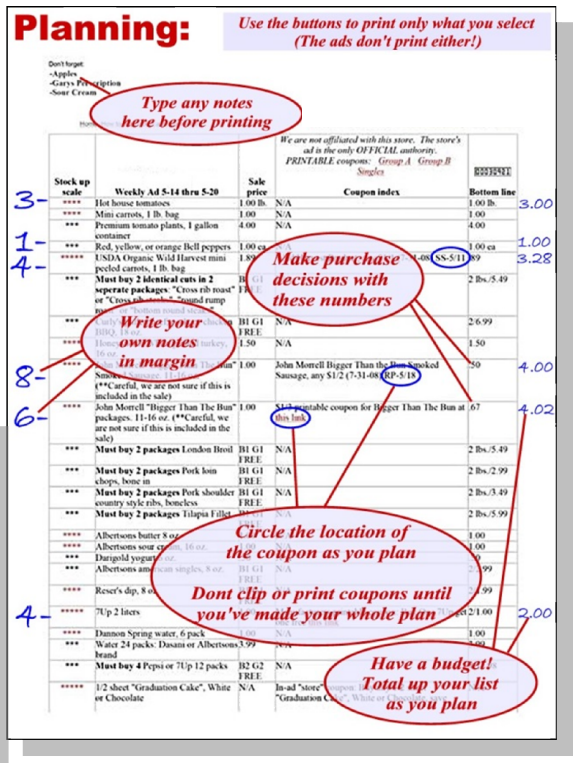
Austin American-Statesman

statesman.com/coupons

HOW IT WORKS How much does your family spend per month on grocery items (food, soaps, detergents etc?) Using the printable grocery planner, your family can easily get by on hundreds less and consume all the same products and brands! How does the printable grocery planner work? -Using each store's weekly ad, we produce spreadsheets with the listed SALE price of each item. In addition, we line up all the existing manufacturers coupons (Those from your Sunday newspaper, AND internet printable coupons) ..**then show you the bottom line for each item!** This is the info you need to REALLY save money using coupons. (Some things even work out to be **FREE!**) Knowing your bottom line while planning makes it easy to **STOCK UP** on items you know your family will consume... AT EXTREMELY LOW PRICES.

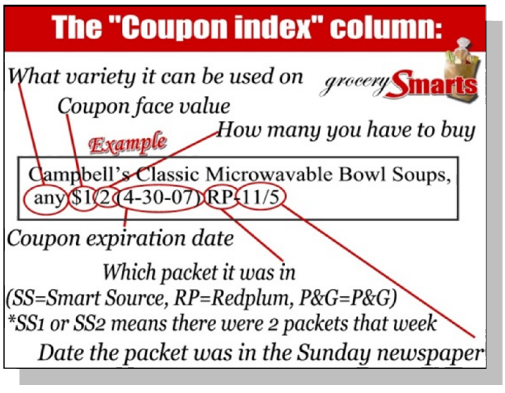
TO PLAN YOUR GROCERY TRIPS-

1. At **statesman.com/coupons**, **make sure you click into the LISTS section.**
2. 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 (See graphic at right).
3. On the same printout, you can type-in or write down anything else you want to remember in the "notes" area.



Important: Buy enough Sunday newspapers for your family. (1 per person in your household.) This is how families get enough coupons to stock up on grocery deals.

To file your manufacturer's coupons KEEP THE PACKETS (FOR 5 MONTHS) *INTACT*, DO NOT CUT THEM OUT WHEN YOU GET THEM:



Stock up on items you commonly use WHETHER OR NOT you need them THIS week. This 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 head out to the store: Only cut out coupons **for the products you are buying today.** Leave the packets intact and at home, so they're ready for next week.
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.** For learners, obey your plan and don't fret about missing deals -the beauty is the simplicity! After your confidence grows, you can get as "Extreme" as you want.

HELP US TEACH CLASSES!
We are looking for experienced and passionate couponers to become authorized instructors! To find out more, call:
702-592-2516