

- **SAVINGS 101** -

SAVING AT THE GROCERY STORE AND BEYOND



CREATING A STOCKPILE



| BUILDING A SCOCKPILE

- A STOCKPILE IS A RESERVE OF THE PRODUCTS YOU USE MOST, PURCHASED AT THEIR LOWEST PRICES
- \bullet Buy multiples of an item when it's on sale & you have a coupon
- Never pay full price for items you frequently use
- THE GOAL IS TO SAVE MONEY BY BUYING ITEMS YOU USE
- STOCKPILING IS AN ONGOING PROCESS



KNOWING WHAT TO STOCKPILE



| BUILDING A SCOCKPILE

- THE #1 KEY TO A STOCKPILE IS BUYING ITEMS YOU USE ON A REGULAR BASIS
- Create a list of the top 10 items you frequently buy
- FOOD, HOUSEHOLD, BEAUTY, PET
- START WATCHING FOR SALES AND COUPONS
- BE REALISTIC ABOUT HOW MUCH YOU WILL USE



KNOWING WHEN TO STOCKPILE



| BUILDING A STOCKPILE

- Pay attention to Prices
- MOST ITEMS GO ON SALE EVERY 6-10 WEEKS (SALES CYCLE)
- Know how to recognize a High Value Coupon
 - \$2 COUPON ON FUSION RAZORS VS. \$4 COUPON
 - \$1 COUPON ON BODY WASH VS. \$3 COUPON
- COMBINE COUPONS AND SALES = ROCK BOTTOM \$
- DON'T GO OVER BUDGET TO STOCKPILE
- START SMALL, BE CONSISTENT



STOCKPILING STRATEGIES

| BUILDING A SCOCKPILE

- START WITH 1 ITEM A WEEK
- PURCHASE 6-8 OF AN ITEM YOU BUY ON A WEEKLY BASIS
- YOU MAY NEED TO CUT OUT A FEW "EXTRAS" TO MAKE ROOM IN YOUR BUDGET FOR THESE STOCKPILE ITEMS
- HEALTH & BEAUTY ITEMS ARE A GREAT STARTING POINT
- REMEMBER THE SAVINGS ADD UP OVER TIME
- SET A BUDGET FOR YOUR STOCKPILE (\$20 MONTH)

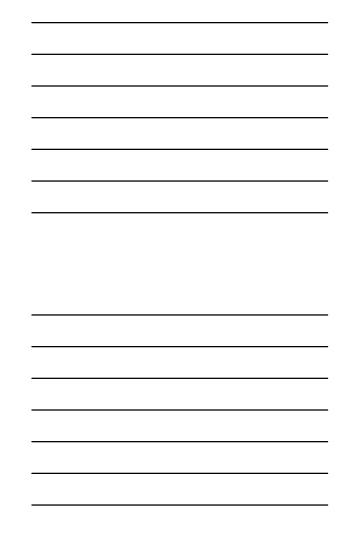


STOCKPILING EXAMPLE

Cheerios

| BUILDING A SCOCKPILE

- Your family eats 1 box of Cheerios a week
- CHEERIOS NORMAL PRICE \$2.98
- SALE PRICE: 2/\$4 (AVG. EVERY 6 WEEKS)
- \$1/1 CHEERIOS COUPON
- PURCHASE 6 BOXES OF CHEERIOS WHEN ON SALE
- You will save (\$2 x 6 Weeks = \$12 Savings)





STORING YOUR STOCKPILE



| BUILDING A SCOCKPILE

- ONLY BUY WHAT YOU WILL USE
- DON'T LOOK FOR ONE PLACE, LOOK FOR MULTIPLE PLACES TO STORE YOUR STOCKPILE (UNDER SINK, ABOVE THE PANTRY, GARAGE, BATHROOMS)
- CHECK THE EXPIRATION DATES BEFORE YOU PURCHASE
- BE REALISTIC AND DON'T GO OVERBOARD
- Only open and use 1 product at a time



CREATE A PRICE BOOK



| BUILDING A SCOCKPILE

- \bullet Start a notebook of the Items you buy freqently and their Lowest Prices.
- DON'T WORRY ABOUT WHAT ITEMS COST, KNOW WHAT YOU WILL PAY! (KEEPS IT SIMPLE)
- CREATE A STOCKPILE PLAN WITH A LIST OF ITEMS YOU WANT TO STOCKPILE FIRST

• REMEMBER: MOST DEALS COME AROUND AGAIN



ROCK BOTTOM PRICES

| BUILDING A SCOCKPILE

- I HAVE 2 PRICES I KEEP TRACK OF:

 1) THE PRICE I WILL PAY FOR AN ITEM,
 2) THE ROCK BOTTOM STOCK UP PRICE
- The goal is to never pay retail

 i) I will pay 70% of normal retail price

 2) I try to stock up at 50% or less!
- EVERY REGION/AREA IS DIFFERENT
- Adjust your plan for your families needs and eating habits.

	•



- **SAVINGS 101 -**

SAVING AT THE GROCERY STORE AND BEYOND