



- SAVINGS 101 -

SAVING AT THE GROCERY STORE AND BEYOND



CREATING A STOCKPILE



| BUILDING A STOCKPILE

- A STOCKPILE IS A RESERVE OF THE PRODUCTS YOU USE MOST, PURCHASED AT THEIR LOWEST PRICES
- 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 STOCKPILE

- 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 STOCKPILE

- 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



| BUILDING A STOCKPILE

- 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 STOCKPILE

- 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 STOCKPILE

- START A NOTEBOOK OF THE ITEMS YOU BUY FREQUENTLY 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 STOCKPILE

- 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
 - 1) 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.



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