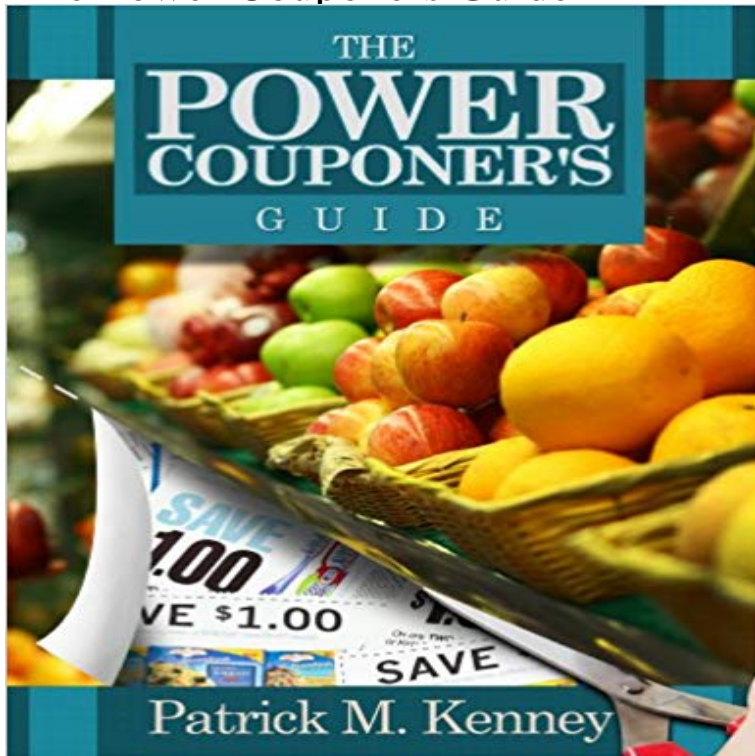


# The Power Couponers Guide



Did you know the average household spends 15 percent of their income on groceries? It doesn't sound like a huge number, but when you have a mortgage, car payment, utilities and every other monthly bill, it sure adds up to a nice chunk! Your monthly grocery trip is usually the only non-consistent bill that can be cut and shaped to fit a budget and save you money. How to save money on groceries with power couponing can almost be as complex as trying to find out the square root of 5,254,456,123 with a pen and paper. Actually, finding the square root of that number might be easier. Many articles have been written on the subject, but still we struggle with the concept. Why? Everyone wants the latest and greatest food item or cooking gadget. Think of eating in simpler terms. You survived and ate really tasty meals before those gadgets came along and you will continue to do the same once they have disappeared from the headlines. With a family, saving money on food is paramount. Let's face it. Kids can eat you out of house and home as they grow from infancy to adulthood. That also goes for spouses. As a mom, much of the burden falls on you to figure out the mechanics behind saving. Luckily, your family can help you implement it once all the brainwork is done. If you keep reading you will find out different methods to save money on your total grocery bill. We stress total because grocery shopping comprises more than just food. Even if you have a somewhat reasonable handle on the food part, there are other items that you need around your house that could be sending your monthly grocery bill into orbit. We have taken that into account. You will also learn how to trim that portion of your bill with a few practical and even unconventional methods you might find entertaining and more so, helpful. So mom, your grocery savings chariot awaits!

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