











## How To Save Money With The Couponing Binder

Each week, gather up the sale circulars for the stores in your area. Flip through each circular and circle the items you think are a good deal. Start by making a menu for your family for the week using the **What's For Dinner Worksheet**. Print as many copies of the **Shopping List** as you will need for the week. Write the store names that you will be shopping at on each list and add in the dinner items that you will need to purchase at each store.

Next, browse the sale circulars and write down any items you see on sale on that store's shopping list that you know you need during the week or even coming weeks (snacks, breakfast foods, etc).

Then write in any items that you need to purchase that aren't on sale (use your price book to know which store usually has the best non-sale price on these items).

Finally, write in any items you see that are a really great deal that you want to stock up on and items that you have coupons for that you want to purchase this week. Make sure that you don't go over your weekly grocery budget stocking up on items that you won't use within 2 weeks.

 Price Book	 Price Book
 Stockpile	 Stockpile
 Menu Planning	 Menu Planning
 Get More Coupons	 Get More Coupons
 Misc.	 Misc.

↑  
Fold

↙  
Cut Line