GROCERY BEST PRICES BOOK

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GROCERY BEST PRICES BOOK INTRO

The **Grocery Best Prices Book** is here to EMPOWER you towards a HOPE and a FUTURE.

Using tools such as this book will help you learn to save hundreds of dollars every year on your grocery budget. While saving these hundreds of dollars, you will be putting more real food on your table.

This can only help increase your family's overall health and well being when you are able to purchase and provide more nutritionally balanced meals.

This tool will help you figure out the best prices on the items you regularly use in your home. You need these items, but don't you also deserve to get the best prices too?

YES! You do deserve to find the best prices!

So by gathering information about items you buy, and the best prices, you will sharpen your Shopping C.S.I. Skills. You are going to be able to hunt down the best deals on the items you and your family eat regularly.

And by having found the best deals you will be able to buy more real food for less money. So no matter what level of Food Insecurity you are currently at, you and your family will benefit from the results you will gather in this book.

Also enclosed, to help you get started, is a list of commonly purchased food items. This will help you start your own list of the items you purchase.

GROCERY BEST PRICES BOOK
HOW TO USE THE PAGES

BEST PRICE TRACKING BY ITEM/PRODUCT
This page is where you are going to price compare between several stores to discover the store with your best deal. You will discover that stores have better prices at different times too.

You will see by the exmple that my *Maxwell House Instant Coffee* is 3 different prices at 3 different stores. However, it is not always $2.99/jar at Shopper's Drug Mart. But it is the store where consistently it will cycle in sales at that price. So that is the store I always look for that sale price.

But, if when doing my Frugal Friday Flyer it happens to come on a super duper sale of $1.99 at any other store—I will buy it then too!

What this page does is help you figure out what your best price is to consistently look for. Keeping in mind that if it comes on sale cheaper than that then you will grab it then too!

Remember, this is to help EMPOWER you towards a HOPE and a FUTURE. And that means finding the best prices.

BEST PRICE TRACKING BY STORE
This page is where you will list the items that you have found consistently to be the best price at that particular store.

At a glance you will know what you are looking for at that store, and what prices you are looking for too.

COPY AS MANY COPIES AS YOU NEED OF THESE 2 PAGES—start saving money!

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COMMON ITEMS TO PRICE

Meats
Beef Roast
Beef Steaks
Ground Beef

Pork Roast
Pork Chops
Ham
Bacon
Peameal Bacon
Breakfast Sausage
Italian Sausage

Chicken, whole
Chicken legs
Chicken breasts

Burgers
Wieners
Frozen Fish
Frozen Pizza
Can Tuna
Can Salmon
Can Ham

Vegetables
Asparagus
Broccoli
Cabbage

Cauliflower
Celery
Sweet Peppers
Radishes
Mushrooms

Condiments
Ketchup
Mustard
Vinegar
BBQ Sauce
Soya Sauce
Worchestershire Sauce
Salad Dressing
Jam
Nut Butter
Coffee
Tea
White Sugar
Brown Sugar

Fruits
Apples
Blueberries
Cantaloupe
Crnberries
Oranges
Peaches
Pears
Strawberries

Toiletries
Toothpaste
Toothbrushes
Soap
Shampoo
Feminine Hygiene
Razors
Shaving Cream
Toilet Paper
Diapers

ANYTHING YOU NORMALLY BUY--
ALWAYS LOOK FOR THE BEST PRICES !!

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BEST PRICE TRACKING BY ITEM/PRODUCT

ITEM NAME	PRICE	STORE 1	PRICE	STORE 2	PRICE	STORE 3
Maxwell House Instant Coffee	$7.99	YIG	$3.99	GT	$2.99	Shoppers

BY STORE_____
BEST PRICE ITEMS/PRODUCTS

ITEM NAME **UNIT SIZE** **PRICE**

Maxwell House Instant Coffee	**200 grams**	**$2.99**

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