



Consumer Credit

Helping you take control of your debt.

www.toomuchdebt.com

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SHOP SMART

1. PLAN YOUR SHOPPING TRIPS
2. BE AN INFORMED SHOPPER
3. CURB THOSE IMPULSES
4. LEARN HOW TO SHOP SALES
5. BE A COMPARATIVE SHOPPER

*****COUPONS**-If you take the paper, clip and save the coupons, make a file.

*****PLAN A MENU**-Make a grocery list for a week at a time. Plan your menus for your main meals.

*****WATCH FOR LOSS LEADERS**-Many supermarkets advertised in "THROW AWAY" papers, they will have their loss leaders for the week.

*****USE ECONOMY CUTS OF MEAT**-Many recipes will just as well with the cheaper cuts of meat, and will have less fat & cholesterol.

*****USE FISH, TURKEY, AND CHICKEN**-Many of today's health professionals are recommending these because of lower cholesterol.

*****CHECK UNIT PRICES**-You might even take along your calculator, it will help you determine the single unit cost.

*****BUY SEASONAL**-Fruits & veggies are always cheaper in season, & canning will save you money when they are out of season.

Soooo-----SHOP SMART AND SAVE!!!!