Penny and Bill reveal their 5 Steps to becoming a smart money manager.

Avoid common food shopping traps!

How to **TAKE CHARGE** of your Food Stamp Cash Out checks.

SECRETS TO KEEPING HEALTHY AND HAPPY—ON A BUDGET!

Make the most of your food shopping dollars!
Congratulations!

You are receiving Food Stamp Cash-Out dollars.

YOU CHOOSE!
✓ Where to shop
✓ What to buy
✓ How to make the money last until the next check arrives

YOU CAN BE A SMART MONEY MANAGER IN 5 EASY STEPS!

Step 1—Want to be a smart money manager!
Step 2—Believe you can do it!
Step 3—Plan how you can do it!
Step 4—Do it!
Step 5—Review your plan!

Note that you did not start with action steps. You have to think that you can do it and have a plan before action even begins.

EXAMPLE: Use these steps for guaranteed success!
You need $200 a month for a car payment.
Believe you can do it / I have a job. I can do it!
Plan how you can do it: / I get paid once a week, so I need to save $50 a week to make the $200 a month car payment. Save $50 each week.
Do it!
Review the plan: / Is it hard to save this money? What temptations are in my way? Should I have bought a less expensive car?

4 ways to get a bargain: your guide to discount stores, lower prices and quality food!

1. Buy a large supply when prices are low.
2. Check food ads.
3. Select fruits and vegetables that are in season.
4. Use a coupon only when it is for an item you regularly use.

MORE TIPS FROM PENNY & BILL ON BACK PAGE
YOUR SECRET WEAPON:
THE SHOPPING LIST!

Keep a shopping list in your kitchen. This is the first step in planning ahead. When you notice that you are low on a food item—write it down right then!

Even if you are not running low, add different items to your list if a food you usually buy is:
- on sale at a low cost
- you have a coupon

SUPERMARKET SWEEP
TAKE THIS QUIZ AND FIND OUT IF YOU ARE A SUPERMARKET SAVER!

Filling your grocery cart with low priced, healthy foods is the goal:
Place an X by all the items that you regularly select.

Instead of small containers, packages or individually wrapped items, I usually select larger quantities of:

- Milk
- Cheese
- Cereal
- Rice
- Fruits
- Vegetables

I usually buy:
- Day old bread and other marked-down bakery items to use right away or freeze.
- Generic or store brands after comparing their cost to national brands.
- Non-fat, dry milk for cooking and/or mixing with fresh milk.
- Dried beans, lentils and peas to use in meals.

I have tricks that lead to money-saving buys:

- ______________________
- ______________________
- ______________________
- ______________________
- ______________________
- ______________________

How many items have you checked? If you have

8 or more items—You are a supermarket saver. Keep it up!
4 to 7 items—You are on your way to becoming a supermarket saver. Keep trying!
Less than 4 items—Try something new the next time you shop. Look over the list and choose one way you can make a money-saving buy at the grocery store.
Dear Penny and Bill:

I hear you talk about a money plan, but how do I keep all the places the money needs to go separate? I have rent, utilities, food, clothes, car payment, plus so much more.

Too much to pay, Paul. Grand Rapids

Penny answers:

Dear Paul,

Part of making a money plan is knowing how you are going to make it work. Use envelopes to organize your money.

Have an envelope for each payment you have to pay. Label each envelope: Rent, Food, Car Payment, etc. If you receive $200 a month in cash to help purchase food from the Food Stamp Cash Out program, put it all in the food envelope.

Try not to move money from one envelope to another. Read the next letter about my suggestions for Edith.

Dear Penny and Bill:

I am going to be getting about $200 in cash next month through the Food Stamp Cash Out program instead of coupons. The winter has been cold and the electric bill was larger than I had planned for and it is now overdue. Should I pay the electric bill with the extra cash?

Warm but unsure, Edith, Redford Township

Penny answers:

Dear Edith,

Do you want to manage your money or have your money manage you? You decide where the money is to be spent.

Sharon needs to follow the "smart money manager's" program and plan, plan and plan. Grocery shop before picking up the kids, make a list and stick to it, of course...but make a plan! Planning is what will make her successful.

Sharon needs to follow the "smart money manager's" program and plan, plan and plan. Grocery shop before picking up the kids, make a list and stick to it, of course...but make a plan! Planning is what will make her successful.