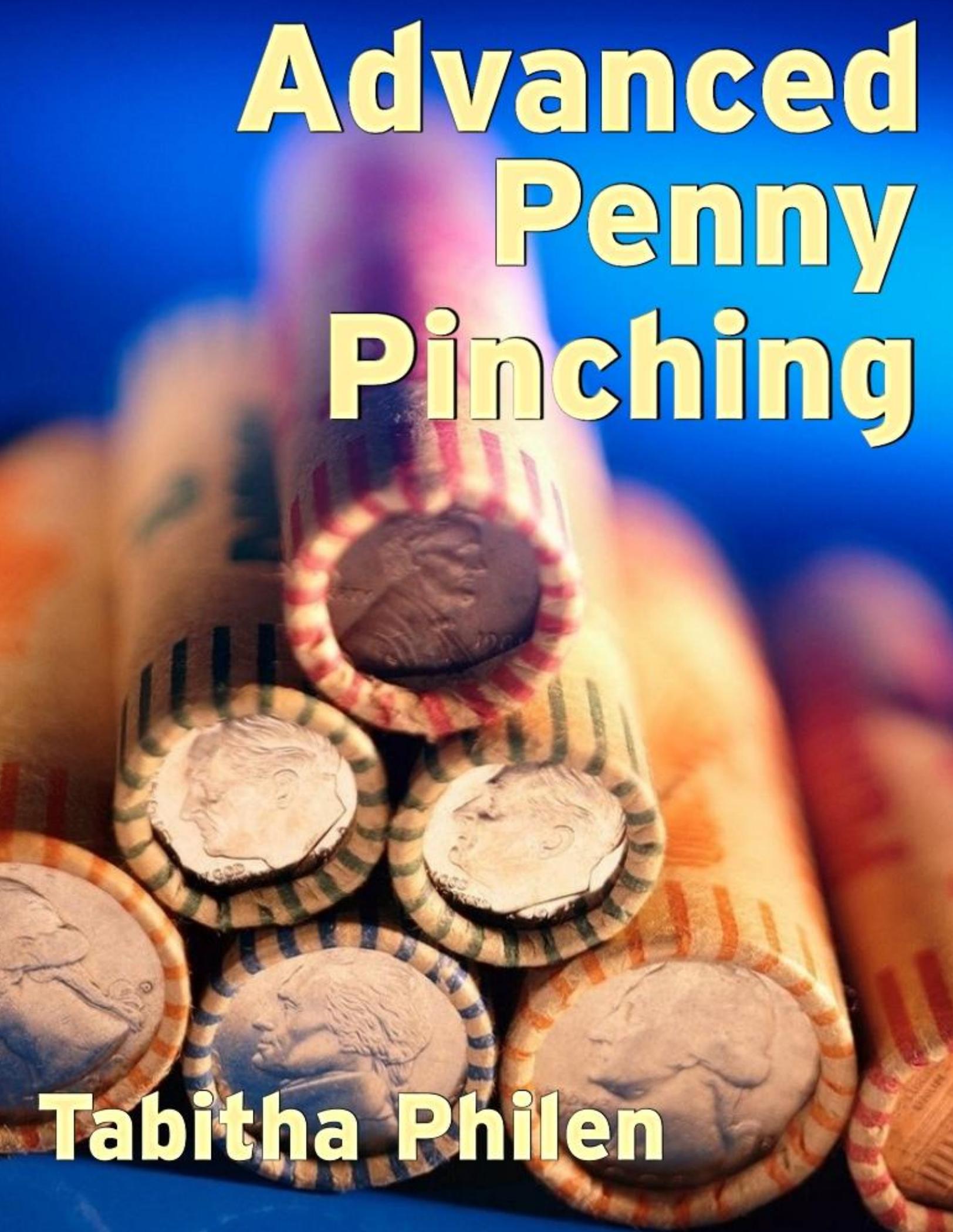


Advanced Penny Pinching

Tabitha Philen

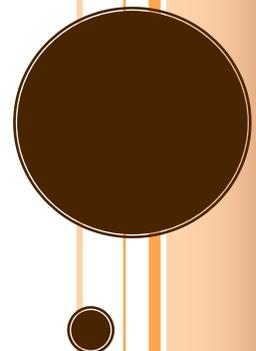
The image features a collection of pennies, some of which are placed inside small, colorful fabric pouches. The pouches have various patterns, including stripes in red, yellow, and green, and blue and white stripes. The pennies are scattered across the foreground, with some showing the profile of Abraham Lincoln. The background is a vibrant blue with soft, out-of-focus light spots in shades of purple and pink, creating a bokeh effect. The overall composition is centered and visually appealing.

ADVANCED PENNY PINCHING

*A Guide for Getting the Most from Your Grocery
Budget*

Tabitha Philen

www.MeetPenny.com



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CHAPTER TWO

Saving Begins with a Stockpile

Your potential for saving starts before you leave for the store. What do you already have in your pantry? Your freezer? What is in your stockpile?

Why stockpile?

When you have a grocery store available in your own home, then the need to go to the store will be less frequent. That's wonderful, right? However, there is a better reason.

Most items are on a sales rotation. Every six to eight months, you will find the same products on sale at their lowest price. By purchasing these products at their rock-bottom low price, you will avoid paying 30% to 50% more.

Now, take a breath. If the word "stockpile" creates an image in your brain of Cold War bomb bunkers and an endless supply of canned goods, shake it off and replace it with an image of yourself with less stress and more possibilities.

How do you know what to stockpile?

Every family's stockpile will be different because your likes, interests, and needs are different. Your stockpile should be built around the items your family uses the most.

Think about the things you prefer: favorite meals, favorite products, and those items you need to make it through each day. Walk through your home and look in the places where you store toiletries, paper products, and cleaners. Make a note of what you find.

With that in mind, consider this list of suggested stockpile items:

- Toilet Paper
- Paper Towels, Napkins
- Personal Toiletries
- Over-the-Counter Medication/Vitamins
- First Aid Supplies
- Cleaning Products
- Canned & Frozen Vegetables
- Baking Mixes
- Cake Frosting
- Cereal, Grits, Oatmeal
- Condiments
- Crackers, Cookies, Snacks
- Pasta & Pasta Sauce
- Beef, Pork, Chicken, Turkey, Sausage, Ham
- Dry & Canned Beans
- Canned Tomatoes & Sauce
- Rice & Potato Mixes
- Dry & Condensed Soups



- Tea Bags & Drink Mixes
- Pet Care Items

If you need help making a list of stockpile items, consider the stockpile template worksheet in Appendix B.