



30 ways to save when grocery shopping

St. Patrick's Day

The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about AD 385. His given name was Maewyn. When he was 16, he was sold into slavery to Ireland where he was a shepherd for 6 years. While in captivity he studied and turned to religion. He escaped slavery and later returned to Ireland as a missionary, determined to convert Ireland to Christianity. He used the shamrock to explain the Holy Trinity. Patrick was quite successful at winning converts. And this fact upset the Celtic Druids. Patrick was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches, which would aid him in his conversion of the Irish country to Christianity. His mission in Ireland lasted for thirty years. After that time, Patrick retired to County Down. He died on March 17 in AD 461. That day has been commemorated as St. Patrick's Day ever since. Much Irish folklore surrounds St. Patrick's Day. Not much of it is actually substantiated. Some of this lore includes the belief that Patrick raised people from the dead. He also is said to have given a sermon from a hilltop that drove all the snakes from Ireland. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday. One traditional symbol of the day is the shamrock. And this stems from a more bona fide Irish tale that tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day. The holiday, March 17th, is marked by parades in cities across the United States. The largest of these, held since 1762, is in New York City, and draws more than one million spectators each year. In Ireland, it is a religious holiday similar to Christmas and Easter.

1. Trim your food bill by as much as 19 percent simply by shopping at a couple of different stores.
2. Don't "crisis cook." Shopping after work for the day's dinner gets expensive. Plan a weekly menu before shopping and watch your grocery bill shrink.
3. Don't waste money on prepared foods. Instead, prepare meals ahead of time and freeze them, or double a recipe when cooking, and freeze the second for a hectic day coming up.
4. Take the farmer's market approach: Buy produce that's fresh, inexpensive and in season. With less middlemen involved, you get good buys and your family gets the freshest food.
5. The highest markup items on the shelves are at about chest level. Reach up or kneel down to select the cheaper house or generic brands.
6. A grocery store's main aisles, like the paths to milk and bread, are usually strewn with high-priced land mines. Avoiding those pricey areas will really help.
7. Try to shop when you're alone. Those little helpers can quickly boost your bill.
8. Shop early in the day. You get through the store faster with your list and spend less.
9. Avoid shopping for food when you're hungry; you'll buy more.
10. Don't grocery shop when you're tired, you'll buy more sweets, more high-carbohydrates.
11. Buy on the markdowns and save as much as 20 percent.
12. Read your newspaper's weekly food section for local grocery sales and menu ideas.
13. Clip coupons. You'll also find coupons in women's and general-interest magazines.
14. Take advantage of in-store coupon displays and the machines that spew them
15. Log on to your supermarket's online home page for coupons.
16. Call the toll-free numbers on your favorite products' labels and tell the customer-service rep how much you enjoy them. Some reps will offer cents-off (or even free) coupons for the product itself; if not, ask.
17. Nab a newsie. Does your newspaper vendor just dump the inserts in unsold papers at the end of the day? If so, would he mind tossing a few your way?
18. Check out the wealth of national-brands coupon-offering services on the Web. They can save you money -- even the ones that charge nominal fees.
19. Try for double plays. That's when you use a manufacturer's coupon and a store's own coupon
20. Some retailers guarantee that if the item doesn't ring up at the correct price, you get it for free or at a discount. Pay attention to the details.
21. Avoid purchasing nongrocery items, such as painkillers, contact lens solution, etc., at a grocery store. You usually pay more.
22. Always get a rain check if a sale item is gone.
23. Know when your store marks down goods that expire, like meat and bread. The deal: Use them that night or freeze them.
24. Check your store for a small section where they discount products that aren't as popular as the manufacturer had hoped. This area can be a gold mine for bargains.

25. Shop with a calculator. That way, you can figure whether the unit price for a case lot is really cheaper than buying one of the same item
26. Request price matching. Find a store in your area that will honor all competitors' ads. You'll save money, time and gas
27. Beware of "discount store syndrome." Just because you're in a bargain store doesn't mean you're getting the best price on every item.
28. Check your receipts. No matter how careful you or the store staff might be, mistakes happen.
29. Always send in for the rebate on a purchase whether it's \$2 or \$50. It all adds up.
30. Put your savings to work. Whether it's a trip, a car or a savings account, have some specific goals for the money you're not spending on food.

Upcoming Events

March 11

MOPS Bible study – 9:15 am, 2nd floor of the Pavilion- Child care provided

March 18

Upcoming MOPS meeting – “Men are from Mars” – Parenting from a dad’s view

March 19

Mom’s Night Out- Wii game night @ Brandi’s house (2804 Prince Albert, Modesto) 7pm

April 21

Field trip to Scenic Nursery – 10:30 am, \$2 per child

April 23

Spring Fling- 7pm at “the Point.” \$10 per couple. Bring your husband and join us for dessert and games

April 30 & May 1

MOPS Garage sale. Please sign up to help. More details to come

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 MOPS 9:15	5	6
	7	8	9	10	11 MOPS Bible Study 9:15	12	13
	14	15	16	17 St. Patrick's Day 	18 MOPS 9:15	19 Moms Night Out – Brandi's House 7pm	20
	21	22	23	24	25	26	27
	28	29	30	31			



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March

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