



Books Worth Reading

Cutting Your Grocery Bills

(NAPSA)—Last year, companies distributed 315 billion grocery coupons worth \$400 billion across the country, but less than 1 percent of these coupons were redeemed.

To Stephanie Nelson, author of “The Coupon Mom’s Guide To Cutting Your Grocery Bills in Half,” that’s like throwing money down the drain.

“Nothing makes me more excited than showing others how to get a jar of pasta for free by combining sales and coupons,”



said Nelson.

She never meant to be a coupon mom, but had to develop her strategic shopping method when she and her husband decided she would leave the corporate world to take care of their two small children. It was then she realized that her family budget needed cutting.

While exploring ways to slash costs, she created the site www.CouponMom.com and now offers her tips in the book, published by Avery.

The book details how to get the best deals at wholesale clubs, mass merchandisers, discount stores and drugstores. Readers will learn how to combine sales, coupons and promotions to get the deepest discounts and even free products.

Nelson says cost savings don’t mean sacrificing a healthy diet or the foods your family likes. With meal-planning strategies and the simple recipes found in this book, cooking quick, delicious and nutritious meals has never been easier.