

iMoneyMinute



brought to you by **iMONEYCOACH**
Money Is The Smallest Part of Your Finances.

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iMoneyCoach news:

Our ebooks, including our New vs. Used Car guide and College Planning guide can be found on [Smashwords](#).

Online courses to help you be successful with your finances when and where you have time. Be sure to visit the [iMoneyCoach University](#) to learn more.

If you would like *more* money advice and tips, be sure to follow the [iMoneyCoach blog](#).

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An "iMoneyMinute" is an idea that in less than one minute will give you a way to save time, save money, make money, or reduce your financial risk.

Quick Tips to Cut Your Grocery Bill

The price of groceries seems to be going up and up these days. Here are some ways that you can save big on your grocery bill each month. Remember that saving a little here and there can really add up!

Price List

Use this [Price Comparison Tracking chart](#) to keep track of prices of items you commonly buy. If you are at another store, be sure to check it out and jot down the price so you can make a comparison. When you see a sale, you will immediately know if that is truly a good deal or if you would be better off buying the store brand or heading to a different store.

Cheap Meals

- Recipes for [meals for under \\$3](#)
- 15 [Dinners under \\$1.50 per serving](#)
- [CheapRecipeBlog.com](#) - this blogger tries out tasty and inexpensive recipes then blogs about them (i.e. "Wacky Cake" recipe from the depression era that is egg-less and calls for vinegar but tastes good).

Grocery Store Coupons

You can easily print or store coupons for items that you buy regularly or that would be a good deal for your family.

- [King Soopers](#) - digitally download coupons to

- your Soopercard or use the print at home option
- [Safeway](#) – offers coupons via email and the Just for U app
- [Albertsons](#) – has a money-saving app for your phone
- [Target](#) printable coupons
- [Walmart](#) printable coupons

The Rising Cost of Food in America - Be sure to check out this [infographic](#) about the cost of food for families each month.



We hope the iMoneyMinute is useful to you. If you have a different email address you would like us to use, or if you would prefer to no longer receive the iMoneyMinute emails, please email us at coach@imoneycoach.com.

We would also love your feedback on our emails! Please fill out [this short survey](#) to help us better serve you.