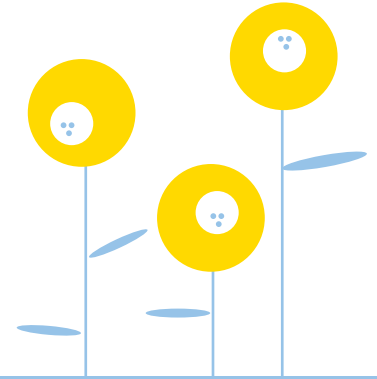


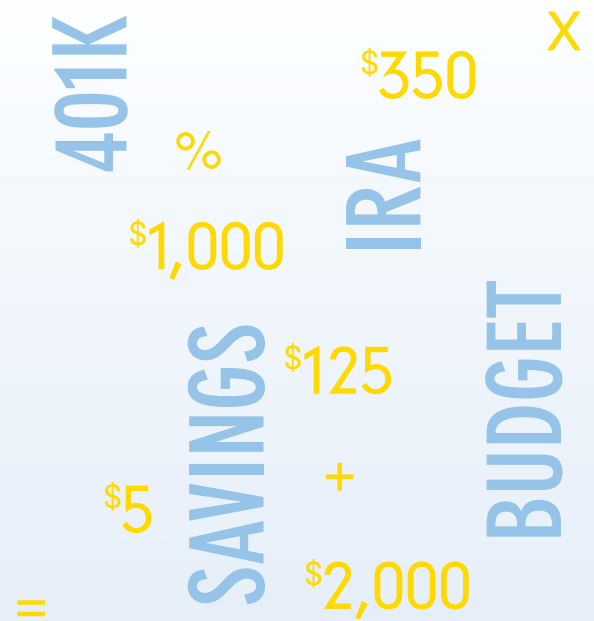
IN THIS NEWS LETTER,  
WE WILL DISCUSS...

- Tip of the Month
- Less is More
- Grocery shopping made easy!



## Tip Of The Month

I want to recommend a great program to organize your finances that is web-based, really easy to use and free! [www.mint.com](http://www.mint.com). You can budget all of your finances and keep an eye on where all of the money is going! You can also enter credit cards, your 401k, IRA, and any other financial information. To get started you securely type in your bank information and then provide your login information. Then you can enter the bank accounts and it will show you your budget, such as how much you have spent on gas, restaurants, groceries, etc... It even can send you an email of text if you've exceeded one of your budget categories. What an ideal way to get a grip on all your paperwork!



## Less is More

I recently worked with a client with a wall lined with boxes of books. His goal was to clear the space and create a workshop. We spent about 2 hours going through the books, most of which he agreed to get rid of, until he got stuck on one particular book. He said, "This one may be worth something." I looked at it. It wasn't a first edition, which might have been interesting to a collector; rather it was an old copy of a popular spy novel that had been made into a film. Then he said the line I have heard a million times. Something that gets a lot of my clients into trouble, in fact it actually causes clutter to pile up uncontrollably. He said, "I could give that to

someone." I asked who specifically he would give it to, and he responded that perhaps someone at work would like it. I countered with, "The likelihood of it ever getting to that person is very small, let's just let it go, and remember this example when we are going through the next pile. In fact let's make a rule, it either goes to a donation station, garbage, or we sell it. He agreed happily and we took 11 boxes of books off to sell. Remember, that small voice suggesting giving that one item away is really holding you back from getting rid of it and on your way to being better organized.



# Grocery shopping made easy!

If you don't use online grocery shopping yet, you might find shopping for food quite a bit frustrating. Does the following scenario sound familiar: You leave for the store without a list and forget half of what you intended to buy? Then you have to go back to the store, or worse, you end up at a convenience store paying twice the usual price for milk! Instead, why not have a pre-printed list that you have with you at all times? (see below) To come up with your own master list, just scan your pantry and cupboards and write down what you have lurking around in there. Do the same for your freezer and refrigerator. Also, jot down things that aren't there that you may want, such as peanut butter or spices. If you plan meals you can note the items you need for your weekly spread on your list. To stock up on your pantry and fridge resources, take your master list with you on your next grocery shopping trip and add to your cart the things that were missing. This way, there will be no surprises when you open your cupboards. If you are more of a computer oriented person, there are programs you can get to organize your grocery list such as the following:

<http://office.microsoft.com/en-us/templates/TC010186181033.aspx>

[https://www.smartphone.net/software\\_detail.asp?id=4356](https://www.smartphone.net/software_detail.asp?id=4356)

[http://www.pocketgear.com/en\\_US/html/display\\_product.jsp?id=prod5690688](http://www.pocketgear.com/en_US/html/display_product.jsp?id=prod5690688)

## Suggested Items for Master List

### Vegetables

- Green onions
- Cucumber
- Radishes
- Mushrooms
- Pepper
- Broccoli
- Spinach
- Celery
- Carrots
- Onions
- Potatoes
- Lettuce
- Tomatoes
- Garlic
- Cauliflower
- Cabbage

### Dairy

- Pears
- Peaches
- Grapes
- Melon
- Avocado
- Apples
- Bananas
- Grapefruit

### Dairy

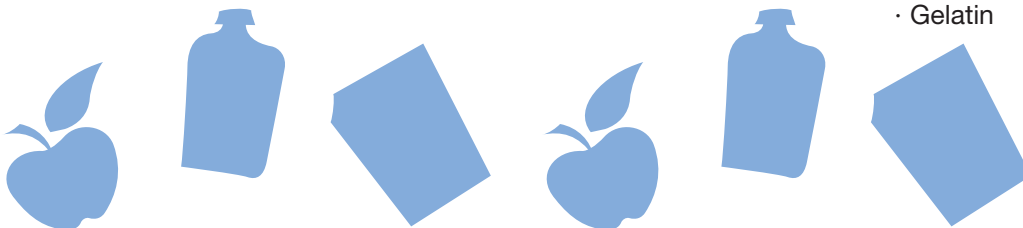
- Milk
- Eggs
- Butter
- Margarine
- Yogurt
- Sour cream
- Whipped cream
- Cottage cheese
- Cream cheese
- Cheddar
- Mozzarella
- American
- Swiss

### • Dry Goods

- Cereal
- Oatmeal
- Noodles/pasta
- Crackers
- Cookies
- Croutons
- Rice
- Flour
- Sugar
- Pancake mix
- Powdered milk
- Bread crumbs
- Potato chips
- Tortilla chips
- Cake mix
- Beans/lentils/peas
- Gelatin

### Frozen Foods

- Apple juice
- Orange juice
- Ice cream
- Vegetables
- Potatoes
- Frozen pizza
- Frozen dinners
- Frozen chicken



Continued on page 3

# Grocery shopping made easy!

## **Meat/Poultry/Fish**

- Bacon
- Sausage
- Lunchmeat
- Hamburger
- Hot dogs
- Chicken
- Turkey
- Beef
- Pork
- Ham
- Fish
- Shellfish

## **Canned Goods**

- Mushrooms
- Applesauce
- Tomato sauce
- Tomato paste
- Stewed tomatoes
- Spaghetti sauce
- Pears
- Peaches
- Fruit
- Condensed milk
- Baby food
- Tuna fish
- Soup
- Vegetables
- Chili

## **Dry Goods**

- Cereal
- Oatmeal
- Noodles/pasta
- Crackers
- Cookies
- Croutons
- Rice
- Flour
- Sugar
- Pancake mix
- Powdered milk
- Bread crumbs
- Potato chips
- Tortilla chips
- Cake mix
- Beans/lentils/peas
- Beans/lentils/peas

## **Baking Goods**

- Baking soda
- Baking powder
- Baker's chocolate
- Corn starch
- Salt
- Pepper
- Nuts
- Raisins
- Chocolate chips
- Vanilla
- Seasoning
- Spices

## **Condiments**

- Mayonnaise
- Mustard
- Ketchup
- Relish
- Vinegar
- Oil
- Shortening
- Soy sauce
- Honey
- Syrup
- Peanut butter
- Jelly/jam
- Salsa
- Salad dressing
- Pickles
- Olives

## **Beverages**

- Beer
- Wine
- Coffee
- Tea
- Cocoa
- Soft drinks
- Fruit juices
- Drink mix

## **Kitchen**

- All purpose cleaner
- Glass cleaner
- Steel wool pads
- Dish detergent
- Dishwasher soap
- Floor care
- Furniture polish

## **Paper Products**

- Facial tissue
- Toilet tissue
- Paper towels
- Napkins
- Sanitary pads
- Aluminum foil
- Wax paper
- Plastic wrap
- Sandwich bags
- Lunch bags
- Garbage bags
- Vacuum bags

## **Bathroom**

- Bath soap
- Shampoo
- Toothpaste
- Deodorant
- Razor

## **Miscellaneous**

- Light bulbs
- Charcoal
- Paper plates
- Candles
- Stamps
- Greeting cards
- Bandages
- Fireplace logs
- Vitamins
- Batteries

