

Title:

Spending Money Within \$300

Word Count:

424

Summary:

Do you think this is a joke spending money only \$300 a month for the whole family? With this t  
Could you save \$25 a month on groceries? How about \$50 or \$100? Possibly you could cut your bi

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Keywords:

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Article Body:

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2. Identify your WEEKLY needs; milk, bread, fruits. These will be your saving graces when the

3. Identify your BI-WEEKLY needs; eggs, cheese, vegetables, meat and cheese for sandwiches etc

4. Get the remainder of your groceries in one place. Use cash to pay (to avoid temptation of c

5. Have a schedule of meals that you can rotate. Cheap, healthy meals like stir fry can be ine

Always determine your meals based on what you really plan to cook. If you have easy weeknight

Clearly the \$300 suggestion will depend on your family, the age of your children and how much

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