



# Beating the High Cost of Eating: The Essential Guide to Supermarket Survival

*Barbara Salisbury, Simmons Sandi*

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If you shop at a grocery store, you need this book!

Beating the High Cost of Eating is a course in supermarket survival. It will teach you proven strategies that will increase your buying power by 33 percent or more! In its pages you will find practical and tested ways to get the most out of your grocery dollar as you learn to—

- \* Recognize the best price when you see it
- \* Redefine impulse and comparison shopping
- \* Throw out traditional menu planning
- \* Cut down on coupon clipping
- \* Overcome the "one-stop shopping" syndrome
- \* Choose the right brands
- \* Control your budget once inside the store
- \* Make your pantry a money-management tool

Best-selling author Barbara Salsbury, a recognized authority on thriftiness and self-reliance, offers more than a collection of typical how-to-shop tips. She offers new knowledge and skills guaranteed to help you increase your buying power without games, gimmicks, or coupons!

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