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Grocery Tips?

<http://www.homeschoolfitnesscoach.com/blog/grocery-tips/>

I had a marvelous time at the IAHE Convention. I didn't get to meet any of you so that made me a little sad, but perhaps next time. I spent a good portion of the convention listening in on Woody Robertson, of College Plus!, explain how to get your B.A. by the time your 18. My teenager and soon to be junior high daughters are absolutely excited. I've never seen them work so diligently before. LOL I also purchased My Father's World for my two little ones. I am a huge fan of Sonlight, but I have never liked their Kindergarten core. So, I bit the bullet and tried a new one. I will return to Sonlight for the following year. I have been doing really well with the Super Conditioning Challenge. Last Sunday I did 200 burpees in 9:31. I was so excited! I have also been very good at keeping my grocery bill under \$150 each week. Today I only spent \$86.24! Woot! It really helps when you don't buy all the processed junk in the store. My purchases are all for meats, veggies, fruits, and dairy products. I hit a really good sale last week on the milk. Wise Way was selling almost expired milk for \$1.49 a gallon. I bought 4 and froze them in the deep freezer. I won't have to buy milk for quite some time. Yay! I also got a case of cheese blocks, all different kinds, for \$10. I put those all in the freezer and just take a block out and stick it in the fridge about 2 days before I need it. I would love to hear what you ladies do to save money on the grocery bill. Hugs~~ Post from: Homeschool Fitness Coach

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