



2012 Family Guide to Groceries under \$250 a Month

Melissa "Liss" Burnell

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Melissa “Liss” Burnell has provided an extensive frugal living resource online for over a decade and presents a 2012 Grocery guide for struggling students and families of all sizes and income ranges.

The average family of 4 in the United States spends more than \$700 a month on groceries alone. In the “2012 Family Guide to Groceries under \$250 a Month” the author outlines how and where to cut grocery expenses to get spending under control while opening the consumers eyes to little known dirty manipulation tactics employed by retailers to seduce unsuspecting customers into spending sprees.

For many people struggling to maintain a budget, the cost of groceries is the only major expense in their control that can be drastically reduced without feeling a negative impact on their lifestyle. Liss explains in detail how to make simple changes that will not only pinch pennies, but help pinch Benji’s too!

2012 Family Guide to Groceries under \$250 a Month Details

Date : Published 2012 by Budget101.com

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Author : Melissa "Liss" Burnell

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From Reader Review 2012 Family Guide to Groceries under \$250 a Month for online ebook

Crystal says

Has good ideas/ recipes.

April says

Full of ideas that I already knew. Also, the numbers (as far as meal planning) didn't add up. A few so-so recipes in the back.

Lori McKellar says

Love this book!!! Quick easy recipes!!!

Quick easy recipes, including recipes for common daily mixes, like taco seasoning, gravy mix, ect....and many good tips to help keep your grocery bill down.

Susan says

Family Guide to Groceries Under \$250 a month by Melissa Burnell was a book I had high hopes for providing me with new ways to cut my grocery bill down. I already do mostly everything mentioned in the book including the coupons, vacuum sealing, and my own recipes. I also am aware of the packaging deception, placement of items on store shelves, and the club stores bulk buying. There really was nothing in the book that I found new or useful except some of the recipes which I can just substitute frozen vegetables in place of the canned.

I am not sure where the author lives but the prices (too low even for 2012 in CT) and some of the suggestions in the book are unrealistic to me and don't take in account for special diets such as low sodium, gluten free, or for a diabetic. Stocking up on canned vegetables may be cheap but unless we are putting together a survival shelter, we don't eat them. They are full of sodium among other things so we only have frozen or fresh.

Even on sale, there is just so much room to store frozen items and fresh don't stay 'fresh' forever so stocking up on these things is not an option. If we bought another freezer to put these items in, the cost of the freezer and running it is more than what few cents we would save while the item is on sale.

I really don't even know how to rate this book because if someone is just starting out with their family and didn't have some parent that told them this information about groceries, it would be very useful to them but for me and everyone I know, it really is just common sense.

Melinda Hammontree says

I'm glad this book is free because it isn't worth anything. The tips are basic, and the only grocery purchases and menu in the book was for dinners for 5 days. I could spend just \$50 a week if I only fed my family 1 meal a day for only 5 days. We should probably fast the rest of the time.

Jasmine says

Some of the information was helpful, but this was nothing I have not read in other money saving books or articles. Not too original.

Amy says

Not as helpful as I thought/hoped it would be.

Sabina Kelly says

A good reminder on what to do... Got it free.

Shannon says

I got this for free through BookBub but I would pay a buck or two for it. If you are fresh out of college or your parents, I would recommend you read this book. Learn it. Keep it.

If, like me, you've been at it awhile, there are a few new things to be learned and I did like how the author offers options for meal planning, shopping, etc. Finally someone recognizes that it's not a one-size-fits-all dilemma!

I will say that I liked the DIY mixes ideas and recipes and I have already started following her blog. It's excellent!

Su says

A quick read that I got free on Kindle. If this is your first time delving into the world of grocery shopping on a budget, then there's probably something here for you. Otherwise, it's a lot of the same stuff that everybody says. It does seem to be a summary of, or possibly an introduction to, the associated website. If you want to pick up quick tips in a hurry, then it's worth checking out, but only if you can get it free or borrow it-- I read it in 20 minutes on the bus, and the information isn't great enough to merit paying for it.

If the author and/or website plan on publishing a book of tips as a regular thing, that's great, but I hope they find an editor. This guide is rife with punctuation errors, especially comma splices and missing periods. A few typos in a free Kindle book is one thing, but when they start to pile up it grates on the nerves a bit! Many of these mistakes could have been caught by running a grammar check in Word, so there's no excuse for that many errors making it into a publication.

And one more thing... when you're in the grocery store, you walk down the "aisles," not the "isles." Unless, of course, you're going to the store by boat, in which case I can have no objection.

Maryfran says

This was a very practical read that gives the consumer some very clear and concise ideas to save money during grocery shopping. I found many of the ideas to be basic knowledge, things that anyone that has half a brain, or has contemplated saving money in groceries would already know. However, there were some nuggets of useful information that can be gleaned. The best find for me, were the links to the numerous recipes that offers the consumer to make many of the convenience products that we should be eshewing due to price. :-)

Rachel says

This was an okay little book. Glad I got it free, as it really didn't have anything new in it. If you are new to trying to save money it would probably be of some help, but if you've been working at it for a while....save your time(and money if you can't get it free)and give it a bypass.

Daniel says

A little short, with some already known tips (for me), and a bunch of recipes. It is ok if you get it for free or for a low price.

Nicole says

This was read in my "clean up my kindle" phase. Some good ideas - only a couple that were new to me. The formatting of the ebook was terrible.

Laura Cushing says

Quick read of some grocery budget tips - borrowed last night from the Kindle Lending Library, and read in about an hour. Not worth the price - a borrower only.

Tips are useful, if basic. Plan on checking out the website associated with it.
