



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!

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