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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Grocery Shopping The Healthy Menu Mailer Way

By Susanne Myers

I have to admit, grocery shopping isn't exactly one of my favorite things to do. In case you can't

"hear" the sarcasm in my voice, let me tell you that I'd rather be doing just about anything other than grocery shopping. I tried delegating it to my husband, but we usually end up eating peanut butter and jelly sandwiches and potato chips when I do that. Since I can't avoid grocery shopping, I found a few things that make it a more pleasant and most importantly a faster process. I'd like to share my grocery shopping tips with you.

1) Make a shopping list and stick to it. Making a list and sticking to it will keep you from buying too much junk. Not only will it encourage you and your family to stick to the new healthy eating lifestyle, it will also save you some money on your grocery bill.

Please apply common sense to this though. If you remember that you forgot to put your baby's diapers on the list, by all means get them. On the other hand, if you feel tempted to get the new chocolate pie because there is a two for one sale, skip it. You get the idea.

2) Eat a snack before you go grocery shopping. Never go grocery shopping while you are hungry. You'll be much more tempted to buy junk food and already prepared meals. You'll also end up buying much more than you really need. Either go shopping right after a meal, or eat a small snack before you go. Even eating a piece of fruit and drinking a glass of water will keep you from feeling hungry while you are in the store.

3) Avoid the aisles with the chips, snacks and candy. Don't tempt yourself by going down the "junk food" aisles. You're only human and the candy and snack manufacturers put a lot of money into making their products as tempting and appealing as possible. The easiest way to avoid having those items land in your cart is to skip the aisles entirely. 4) Buy fresh meat and produce whenever possible. Buy your meat and produce fresh whenever possible. You'll get the most nutritional bang for your buck that way. If there is something you either can't find fresh, or it just doesn't look good, go with a frozen version. The only exception to this is tomatoes, especially if you are going to cook them anyway. Tomatoes lose their nutritional value quickly after they are picked. If you are making tomato sauce or are using them in a stew or soup, just stick with canned tomatoes. They are canned

immediately after they are picked and contain more nutrients than a batch that has been sitting in a truck for days.

5) Write your grocery list with your supermarket in mind. You will make your shopping trip much easier and faster if you keep the layout of your market in mind when you write your shopping list. Think about the departments and isles you go through first and put those items on your list. Mentally make your way through the rest of the store adding your items to your list as you go. You'll avoid backtracking for an item further down on your list once you are in the store.

6) Clean veggies and herbs. Unpack and clean your vegetables and herbs as soon as you get back from the store. Loosely wrap them in some paper towels and stick them in a Ziploc bag. They'll be ready to use when your recipes call for them.

7) To freeze or not to freeze? Portion your meat out depending on how much each recipe calls for.

Keep what you will be using over the next two days in the fridge and freeze the rest. With hamburger meat, you may want to freeze any portions you are not using the day you bought them.

You'll see that by implementing even just a few of these tips, your shopping experience will be more pleasant and most importantly more efficient. You'll spend less time in the supermarket and more time enjoying your family.

Susanne Myers together with Christine Steendahl, owns and publishes the Healthy Menu Mailer. Each week, we provide you with 7 dinner recipes. Sign up for a free sample menu at

<http://www.healthymenumailer.com/sample-newsletter-signup.html>

Do Achy Backs Really Save Big Buck?

By Rhonda White

Does clipping really save big bucks? That's the general question coming from thrifty shoppers with scissors in hand, aching backs, arched over piles of coupons to clip. Is it worth all the time spent clipping and sorting? The answer from lots of expert shoppers is "yes". And the reason is obvious.

Many name brand products can be purchased much cheaper than the generic brands. Of course, there is a trick to getting the best value. If you subscribe to the "The Oklahoman", your Sunday paper is filled with coupons and your Wednesday paper will hold all of the weekly specials at your local grocery stores. This is a great time to get out your ink pen and start circling products that are on sale and for which you also have coupons as well. Get out your coupons and place the ones that you plan to use in an envelope. When you head out to the store, you won't have to be sorting and searching through all your coupons. Taking all of your collected coupons with you; however, is good advice. Sometimes you might catch an extra good buy on clearance, and this will be an added bonus to your savings.

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Shopping every week is another good key to great dollar savings. If you only shop once a month, or every other week, you are missing out on weekly specials and big dollar savings. Shopping every week allows you to catch all of the big discounts and use your coupons to a greater advantage. Another key to big savings is shopping at two or more favorite stores. Search for local stores that double your coupons up to 50 cents or even a dollar. By selecting at least two or more stores to frequently shop, you can participate in even more sales and catch numerous savings.

Many shoppers prefer not to make menu plans before heading to the store. Instead, they plan their menu around the weekly specials and sales. By not binding yourself to a planned menu, you no longer have to buy products for the full price in order to fulfill your list for a planned menu. Loyalty to certain brands can also detour the shopper from really big savings. If you can adjust easily from one brand to another, you will be able to efficiently benefit from a large number of your coupons. Various brands will be on sale each week, which will allow you to take advantage of all possible savings.

For those who become disheartened by the task of clipping and sorting coupons, you can ask your child or teenager to clip coupons in exchange for some spending money. This will relieve you of the task and still avail yourself of big money savings at your supermarket. Before your next shopping adventure, arm yourself against staggering grocery costs, and bring home the huge savings.

Written by Rhonda White

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COMMUNITY CONNECTION Newsletter

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Do Achy Backs Really Save Big Buck?

A Simple Technique to Remember Grocery Items

3 Tricks To Eat Healthy Even When The Money Is Tight

Can Fast Food Be Healthy?

Save Money On Your Grocery Bill

Obesity and Weight Loss

Mini Start Menu

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Guerrilla Mailer

101 tips to stay fit and live longer.



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