

Breakfast:

Cheerios
Folgers Special Roast
Post Great Grains Cereal
Dozen Large AA Eggs
Lucerne Milk
Bacon (2)
Mangos (4)
Naval Oranges 8 lbs.

Lunch:

Chicken of the Sea Tuna (2)
Skippy Extra Chunky Peanut Butter
Smuckers Raspberry Jam
Precious String Cheese
Wonderbread Smart Wheat
Armour Turkey Pepperoni
Oscar Mayer Deli Meat Variety Pack
Strawberries (3)
Baby Carrots

Dinner:

Rice a Roni
Del Monte French Green Beans (2)
Fold Corn
Ragu Spaghetti Sauce
Campbell Chicken Noodle Soup (4)
Barilla Angel Hair Pasta
Pillsbury Grands Biscuits (2)
Red Baron Pepperoni Pizza
Pork Chops

Butcher Cut Ham Shank
Chicken Legs
Cucumber (1)
White Corn (4)
Potatoes
Fresh Express Green & Crisp Romaine
Fresh Express Lettuce Trip
Fresh Express Spinach (2)

Snack/Dessert:

Betty Crocker Supermoist Cake
Chocolate Frosting
Nestle Toll House Chocolate Chips (2)
Pop Secret Popcorn (2)
Pom Wonderful Lite

Personal Care:

Colgate Toothpaste
Head & Shoulders Shampoo
Head & Shoulders Conditioner
Olay Bar Soap
Loreal Vive Pro Shampoo
Nivea Daily Lotion
Reach Toothbrush
Arm & Hammer Spinbrush Children's
Toothbrush

Pet:

Pedigree Jumbone

The results:

Total cost	\$261.30
Amount paid	\$146.42
Total savings	\$114.88
Total savings w/Reward Card	\$88.14
Total savings from digital and newspaper coupons	\$26.74

Coupon savings:

\$26.74 savings x 52 weeks in a year = **\$1,390.48/year**

By spending 20 minutes browsing through the newspaper, scanning online and organizing coupons into a wallet organizer, the average consumer can save about \$1.33/minute OR \$80.20/hour.

Total savings:

\$114.88 x 52 weeks in a year = **\$5,973.76/year**

This includes sale items and coupons (\$114.88) and takes a total of 40 minutes (20 mins to meal plan by looking through circular plus 20 mins to coupon). Total savings works out to be \$2.87/min OR \$172.32/hour.

