



## Common Sense Stockpiling

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### The Basic Premise of Couponing

**Buying items your family needs and uses before they need them!**

**Buying as much as you can reasonably afford and store before it goes bad.**

### Common Myths about Stockpiling:

***It's the same as hoarding.*** So long as you are buying items your family uses and only buying as much as your family will use before it goes bad, you are not hoarding! Don't be intimidated to buy large quantities if you know it's an item your family will use.

***It's going to cost a lot of money.*** If a warehouse club comes to mind, think again! You will often pay less money at regular, everyday grocery stores by shopping their sales and using your coupons. You should've have to drop \$200-300 at a time to build a good stockpile.

***It's going to be overwhelming.*** Only if you make it so. You can build your stockpile gradually, maybe picking up a few items each week that are on sale or free. It's also good to let your stockpile build over a calendar year as different items go on sale at different times.

### Stockpiling Hints and Tips:

***Drugstores are your friend!*** Especially for those budget killers such as healthy & beauty items, personal care items, household cleaners, etc., you need to start shopping those drugstore sales. Stocking up on these items will help free up considerable room in your grocery budget.

***Stockpile getting out of hand?*** You can always donate the items you aren't using.

***Stockpile beyond groceries.*** Savings begets savings! Challenge yourself to stock up on other items your family will need: clothes, shoes, gifts, school supplies, etc.

### Getting Started

***Clear it out!*** Clean out all your storage spaces and assess your space. This is a good time to throw out what you aren't using or what's expired.



**Start a family recipe book.** This will help you identify what meals you like to make and what ingredients you need to make them.

**Start a stockpiling wish list.** Begin to keep an eye out for good deals on the items you regularly use and buy.

Remember, stockpiling should be done gradually and without costing you a lot of money!