

# Shop Smart – Save Money

This Session  
Will Cover:

For more information  
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Creating a Food Budget  
Coupons  
Simple Meal Planning  
and Much More!



This session provides simple tips on saving money at the grocery store. It includes information on creating a food budget, using coupons, and easy meal planning.

*To plan a free workshop for your community, church, or civic group, please contact Traci Dixon at (252) 459-9810, or email [traci\\_dixon@ncsu.edu](mailto:traci_dixon@ncsu.edu).*

