



MOPS AT GRACE

FEBRUARY FUN

IMPORTANT FEBRUARY DATES

Mon., Feb. 2—
Mother/Child stroller walk at Bridgewater Mall

Mon., Feb 9—
Speaker Glenn Murphy on marriage

Mon., Feb 16—
Craft day—learn to cross stitch

Mon., Feb 23—
Speaker Dr. Agathis on children's vaccinations

February may be a short month but it is filled with MOPS events!

Join us on **Monday, February 2** for our Mother/Child Outing. We will be meeting at the Bridgewater Mall for a stroller walk. We will be meeting at 9:30am at the Cinema at the mall. After our walk we will stop at the food court for a bite to eat.

On **Monday, February 9** we will be having a special guest speaker, Glenn Murphy of Glenn Murphy Counseling in Basking

Ridge joining us to discuss issues in marriage. Glen has valuable insights to share with us regarding strengthening our marriages.

February 16 is our monthly craft day. We will be learning to do counted cross stitch as we make small snowman decorations.

Don't miss our meeting of **Monday, February 23** as Dr. Alisson Agathis will be our guest speaker. Dr. Agathis will be discussing childhood immunizations

and will help us to answer the question of whether or not our children really need all of



Come to a MOPS meeting and leave your worries behind!

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BOOK SWAP

It's time for the MOPS book swap!! Bring the books you no longer need to the MOPS meeting and book swap on Monday, February 16th! Children's books, cookbooks, novels and more are all great choices to bring to the exchange. You will be able

to swap for the same number of books you bring. Extra books that remain after the swap will be donated.

Start looking through your books and start selecting those you would like to donate today!!





MOPS AT GRACE

If you are pregnant, have a baby/toddler already, or have a preschooler about to enter kindergarten, don't wait one more minute. A wonderful group of ladies are just waiting to meet you!

Come make MOPS at Grace your
HOME AWAY FROM HOME!

Love and support are just a few clicks or phone call away.

Call 908.719.1093 or email

lisa131@comcast.net

SIMPLE WAYS TO SLASH YOUR GROCERY BILL

1. Only Buy on Sale

Start a stockpile and only buy items when they are on sale.

2. Plan Your Menu Around the Sales

Enjoy cheap meals throughout the week by planning your menu around the weekly sales flyers.

3. Be Willing to Substitute

Have a recipe that calls for an ingredient that you don't have? Then, see if you can substitute it for an ingredient that you do have. It'll save money at the store and space in your pantry.

4. Buy Ingredients Instead of Prepared Meals

Frozen dinners and boxed mixes may be convenient, but they're also more costly. Get in the habit of buying the ingredients that you need to prepare the foods that you eat, and watch your grocery dollars go further.

5. Shop Seasonally

Foods are cheapest when they're in season so learn

when all of your favorite foods are in season and buy them then.

6. Switch to Generic

Make the leap from name brand to generic brand you you'll shave an easy 25% off of our grocery bill. Some generics worth trying: cereal, spices and baking

7. Buy reduced Price Items

Want a true bargain basement price? Then scour every aisle of the store for reduced price groceries. Ultra ripe produce, scratch and dent items, closeouts, food at or near its use-by-date = it's all reason for reduced price sticker.

8. Shop at Drug Stores

Grocery stores aren't the only place to look for grocery bargains. Get in the habit of checking the drug store ads for deals on cereal, oatmeal, raisins, spices, baking supplies soda, paper goods and more.

9. Cherry Pick

Stores tend to sell a few items below cost each week to entice customers to shop.

Learn to spot these bargains and snatch them up—even if it means going to more than one store.

10. Stack Discounts

A sale is nice. A sale combined with a coupon and a rebate? Well, that's even better. Look for any and every opportunity to stack discounts, and slash that grocer bill right down to

11. Shop Locally

Local produce stand, farmer's markets and u-pick farms can be a great source for low-cost, high-quality produce.

12. Grow Your Own Foods

Fill a few containers or a garden plot with the fruits, vegetables and herbs that you use most. It's a great way to reduce your produce bill, and a great way to gain control over how your food is grown.

13. Check Your Receipt for Mistakes

Mis-rings are common and costly. Bring all receipt errors to the store's atten-

tion and you may just get your mis-rung items for

14. Make your Own Ingredients

Baking soda, brown sugar and more can be made at home. Challenge yourself to make more of the ingredients that you need, and enjoy tastier food at a fraction of the store-bought

15. Never Pay Full Price for Meat

Something is always on sale in the meat department. Focus in on those items and you'll shave an easy 25% off of your tab.

16. Go Meatless

Add more meatless meals to your menu or experiment with recipes that use less meat.

17. Buy Groceries from Angel Food Ministries

Watch future MOPS newsletters for more info. about Angel Food.

