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# How To Feed A Family Of 4 Or More For Less Than \$200 A Month



## Synopsis

Grocery expenses have risen drastically and finding ways to trim the household budget without feeling like you're constantly "going without" is getting more and more difficult. Despite the economy and lousy gas prices, you can still feed a family of four or more for under \$200 a month using these simple tried and true techniques. Discover how to slash your grocery bill, whether once a month cooking really helps your budget, sample 30 day dinner menu plan as well as tried and true tips and tricks for reducing your grocery expenses, all WITHOUT having to deal with coupons. (52 pages)

## Book Information

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## Customer Reviews

From my books review website, [...], reviewed with another coupon book:Both give the advice of going directly to a butcher or country farm to buy directly from the butcher, cutting out the middleman grocery store and paying \$.75-2.00 per pound of meat. I really do not see how realistic that is for a majority of Americans out there, especially those of us that live in the cities and small towns that do not have direct access to an independent butcher or farm, nor do we have extra freezer space to put all that meat-half a cow, according to one of the books. Another gripe I have, is

they are both heavy on high-carb, high-calorie and high-fat content, so those of us with one or more health issue, such as heart disease, diabetes, etc cannot follow their advice. The positive, is that they both talk about using coupons for household goods, cleaning agents and so forth, and using that money towards vegetables and other foods. I understand that people do not have enough money for healthy, nutritious vegetables and low-fat meats, but to emphasize high-carb and high-fat I cannot endorse. I also commend both ladies for their cost-cutting measures, using store cards, coupons, buying in bulk when available. Good generic advice for beginning shoppers and families.

This was an informative little book. I already try to save as much as possible but I still learned a few things from this book. The freezer cooking is something I just started doing but I think I'll be getting one of those vacuum sealer things to make it easier as the author suggests. A lot of useful information but I do agree that in a lot of areas it will still be hard to feed a family of 4 for under \$200 a month. There was also a nice section in the book with recipes. A quick read that took under an hour. At the time I downloaded this ebook to my kindle it was being offered free in the kindle book store, which in no way affected my review.

This ebook offers great advice for anyone wanting to lower their grocery bill; the strategies are proven and very much do-able. However, I follow this advice already and groceries for our family of 4 are still \$400 a month. We do not live in an expensive, urban area, either. So...follow the book's advice, but know that it will likely cost you more than \$200 a month for a family of 4.

I am not going to buy 80 pounds of chicken to save money which I then have to turn around and rewrap with a vacuum machine. The tips were mostly in bulk... not in every day buying. Ms Burnell can buy in large quantities, some of us can't.

I hope others who read this book understand that it is over a decade old. \$200 in 2001 could buy more than \$200 today, and as others have mentioned, things cost more now as well. Still, this book has good ideas for saving money on food & recipes. The title is no longer appropriate, but it is still a good book.

The How to Feed a Family of 4 or More for Less than \$200 a Month book contains some good, frugal ideas that will help trim expenses. As to the actual cost of implementing those ideas I suspect living for \$200 a month or less will be nearly impossible. I can personally vouch for trying to follow

some of the ideas presented in this book, and I am feeding a family of 4, and our grocery bill is probably closer to \$600 a month. Granted I live in an area known for a cost of living, so this could be part of the problem. The book does offer a good selection of recipes and frugal living tips. Recommend.

The author spent more talking about what a small house she had and where she put her cookbooks and how much time it takes to do OAMC than how I was actually going to feed my family of 4 on \$200 a month. When she finally got to that part, I got excited but was completely let down when her idea of meals was Taco Pasta and Sweet and Sour Kielbasa. I don't eat either and wouldn't be interested in serving them to my family. I was expecting realistic numbers but what I got wasn't even in the ballpark. Chicken for 33 cents a pound isn't available anywhere in my community and I don't know anywhere that I can buy several loaves of bread for \$2, not even at the discount bakery. Recipes are included but as mentioned, they're not anything I would cook and she doesn't do any explaining about why they're low cost meals. She also doesn't serve very many vegetables along with her meals. Just a salad here and there. So in the end, I didn't learn how to feed my family of 4 for less than \$200 a month and I feel like I wasted my time.

This book is awful, it tries to give advice but ends up not really saying anything.....buy bulk meat and buy seasonal produce plan your meals.....there you just read the book. I guess I am glad it was a free kindle book.

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