



## Shop, Save, Share

*Ellie Kay*

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Shop, Save, and Share is a streamlined program to help you save hundreds of dollars a month on groceries and household supplies and have a bounty to share with people in need. While the *Food Economic Review* says the average family of seven spends nearly \$1000 a month on food, Ellie Kay spends only \$200 a month for the same items *plus* diapers, toiletries, and cleansers. And in one year she donated over \$1000 in groceries to needy families!

Using the simple principles of *Shop, Save, and Share*, most households can lower their food budgets 50% to 85% under national norms. A smashing success on 120 Air Forces bases worldwide, Ellie Kay's *Shop, Save, and Share* presentation has been made available to more than half a million people.

"Ellie Kay's tips were conceived in shoe leather walking the aisles of the supermarkets and shops of the city. *Shop, Save, and Share* will definitely save you big bucks and point the way to sharing your secrets with others."

Pastor Jack D. Brock, Senior Pastor, Christ Community Church

"Ellie Kay's book challenges families to take charge of their finances, simplify their lives, reassess their priorities, and share with others who are less fortunate. Her simple yet revolutionary program changes families daily."

MG Lawson W. Magruder III, Commanding General, U.S. Army

"One evening with this extremely practical book will change your whole approach to balancing income and expenses. On

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