

Groceries are not optional. We all need to eat; therefore, we all have to spend money to eat. With the holidays approaching, I wanted to share two options available to help access both groceries AND savings.

One Harvest... Are you familiar with it? It is a food ministry service in the southeast region that offers "affordable, pre-packaged, pre-paid, high quality food boxes". It is NOT a food pantry, is NOT based on income (though they do accept EBT as a payment method) and there is NO LIMIT on how many boxes can be ordered. Though the packages are boxed, they contain frozen meats, fish, fruits, vegetables and pies. The menu selection changes each month and ranges from small to large sizes and includes: kid food boxes, frozen microwave-ready meals, and frozen PROTEIN/MEAT ONLY boxes to name a few. Orders are placed by a specific date and picked up on a specific date each month at a designated location (you choose the location closest to you). To find the closest location to you, on the website, click "location" and enter your zip code. Feel free to look at the current menu and review frequently asked questions by visiting: [www.oneharvest.com](http://www.oneharvest.com) or by calling: 1-877-818-1778.

Have you heard of EXTREME COUPONING? There is an extreme couponing show on TLC that you may be familiar with. Well on a local level, in AL, there are FREE extreme couponing workshops (held every few months throughout the state) compliments of AL.com. The workshop session is short (2 hrs or less), very informative and very practical. Unlike the cable tv show, it does not involve clipping hundreds of coupons or a very detailed filing/organization system. It is very simplistic and realistic for busy people. Actually, they (local couponers affiliated with AL) track, update and post the sales of several major local grocery and drug stores on a weekly basis. The workshop is worth attending and will be held again on November 17, 2016 at the Birmingham Marriot hotel. For details and to register for upcoming workshops, visit:

[www.al.com/smartbuys](http://www.al.com/smartbuys). Hope this helps.



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