

# Blog boosts big savings, crazy cuts for area shoppers' food, drug bills

Area mom pinches pennies, squeezes deals, makes the most of God's gift

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Wouldn't it be nice to spend coupons instead of dollars at the grocery store?

Rebecca Campbell of Pontiac can tell you how.

She writes a blog called [www.crazycouponmomofcil.com](http://www.crazycouponmomofcil.com).

In this blog, she suggests practical ways to stretch a dollar. "The best savings happens when you combine a manufacturer's coupon with a store coupon on top of a sale," Campbell said.

She does the research to find the best deals by looking at the Internet and sales ads, according to a press release.

One of her most recent trips to a local pharmacy afforded her a bag of toiletries and treats that cost less than two dollars including tax.

"I bought two bottles of body wash, two sticks of deodorant, four bags of jelly beans, and one bottle of shampoo for \$1.98," Campbell said.

She shared the idea with others. "I took a picture of the items with my digital camera, then I uploaded it on to my blog," Campbell said.

Campbell is not the only careful spender willing to help others.

Before she launched her own website, Campbell followed a savings website written by a mother from Indiana.

"My sister, who lives up north, told me about some-

it," Campbell said.

After using many of the ideas Campbell noticed her grocery bill shrinking.

Even though she used coupons after she graduated from college, the savings demonstrated on [mummydeals.org](http://mummydeals.org) by Clair Boone gave her an even bigger advantage in the check-out line.

"I never knew the potential of using coupons until I started doing this extreme couponing," Campbell said.

Campbell called her savings blog a hobby.

It could become a money maker for her in time, if she sold advertising and ran it on her website. "Right now I am doing it without the ads on my site. I want to make sure it is running correctly and going smoothly," Campbell said.

Julie McCabe of Livingston County frequently visits Campbell's website, and related websites.

"I like to take advantage of the free samples she posts. Plus, she posts good comments under the coupons," McCabe said.

Campbell offers workshop with a guarantee to save at least the session fee by applying her advice.

This hobby fits into Campbell's already busy schedule.

She writes while her child sleeps. This home based work allows Campbell to stay at home with her child, as does saving money with coupons.

"Not only is it important for me to get a good deal for



Photo by Dean Ridder/The B

Rebecca Campbell of Pontiac, above in Pontiac's County Market, writes a blog called "Crazy Coupon Mom of Central Illinois." The blog shows people how to use coupons and store sales to save a lot of money on groceries. The blog website is [www.crazycouponmomofcil.com](http://www.crazycouponmomofcil.com). She also finds deals at stores including Jewel-Osco, Kroger, Walgreens and Dave's Supermarket in Fairbury.

that God has so graciously allowed my family to have," Campbell said.

The community benefits

from her savings as well.

"I take some of the deals I get and support local

charities by donating some

of my bargains to banks, churches, and other charitable organizations," Campbell said.