

WHAT'S ALL THE

buzz ABOUT.....



TheBudgetQueen.com
May 2010 Newsletter

Sometimes it's best to get back to basics. The hustle and bustle of everyday life pulls us in so many directions, we lose track of what we are working for. Keep a copy of these [daily reminders](#) to help you stay centered. If you have been off track with your budget, use this [budget worksheet](#) to reassess it and find the major problem areas. Focus on improving one at a time and you *will* achieve your goals!

Declutter and prosper. Declutter and make some quick cash by selling your unwanted items at a garage sale or bringing clothing to consignment shops. List other items on auction sites or post what you have for sale in the [Items for Sale](#) section in the Forum.

Did you know? The [Cajun Area Agency on Aging](#) is a great resource for seniors to find access to needed services, from legal advice to prescription assistance to informative classes and workshops. Spread the word!

Questions about gardening? Contact your [local extension office](#) where you can get expert advice for free! You can also go to their website and download a multitude of educational publications covering everything from [composting](#) to [preparing and cooking](#) food from your garden. You can also find out how to handle the [diseases](#) and [mysterious pests](#) that have been "bugging" your garden!

Tip of the month: Take inventory of what you have so that you will avoid making unnecessary purchases and consequently wasting money. Print this [grocery list](#), laminate it and keep it on the refrigerator-then you'll have a reusable dry erase list for easy inventory each week.

Visit our Sponsors! [Cena of Lafayette](#) offers delicious healthy, affordable, ready to cook meals. Visit their website at [www.cenalafayette.com](#), to see their [menu](#). You can stop by: 1042 Camellia Blvd, (next to CC's Coffee in River Ranch) and use their great Valpak coupon for \$10 off a \$30 purchase! [Poor Boy's Riverside Inn](#) is a wonderful family friendly restaurant and also a great place for date night! Delicious food and budget friendly-print this [free kid's meal offer](#) now and look for another great coupon coming soon! Enjoy!

***Special thanks to Grocery Getters, LLC who have partnered with TheBudgetQueen.com to get your groceries for you! Using The Budget Queen system, save an average of \$50 per week on groceries! Call them today: (337) 308-0857 or visit their website: [www.grocerygettersllc.com](#)**

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