



# PASS IT ON, INC.

WWW.PASSITONKENTUCKY.ORG

AUGUST 2017

NO. 7

## *Back to Routine*

With another school year starting, it's time to set a new yearly routine and develop some good habits. Plan ahead and help save some time and money with some simple steps.

1. Prioritize time and plan ahead the night before. Set your coffee pot, plan outfits and lunches, and set items by the door that must go out with you when you leave. This can save time, stress and even some money so you won't have to buy morning coffee or lunch!
2. Make a grocery list, and clip those Sunday coupons. Many people are much more likely to stick with a budget if they have items written out rather than buying items they think they might need. Also, eat before you go to the grocery store to save money and calories on splurges!
3. Phone a friend! Plan time to go for a walk or take the kids to the park after a long day for everyone to decompress. We still have some great weather around the corner; soak up the sun without spending a lot of money before the winter months set in.

*Be sure to check out*

[www.passitonkentucky.org](http://www.passitonkentucky.org)

*for events and more deals.*

## *Monthly Deals*



### **Walgreens Freebie:**

Mentos now mints 1.09 oz,  
\$1.99 get \$1.99 register  
rewards

-.50 when you buy mentos now  
mints 1.09 oz. any variety, limit 4  
between 12:00 AM August 3,2017  
and 11:59 PM August 9.  
Checkout51 offer

### **Rite Aid Deals:**

Zyrtec 24 ct and Rhinocort,  
get \$1.50 on your next order  
when you buy 1, or \$4 on  
your next order when you  
buy 2. (08/07-09/03)

Poise pads, liners or impressa  
bladder supports & depends.

Get \$5 on your next order  
when you buy \$20.  
07/30-08/12.

# Back to School Bash

Pass It On Inc. hosted it's first annual back to school bash on Saturday, July 29, 2017 which was presented by the East End Church of God. Sixty backpacks were distributed to students ranging from Preschool-11<sup>th</sup> grade. Each backpack contained basic school supplies, which could be exchanged for items meeting higher level needs. An example of this may be swapping crayons for a protractor to fully meet the student's needs. The event also included food, games and bouncy houses; the day turned out to be a great success!



[WWW.PASSITONKENTUCKY.ORG](http://WWW.PASSITONKENTUCKY.ORG)

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