



Sara Tetreault creator of www.GoGingham.com

Today (NBC) Moms, January 1, 2014 ["Family New Year's Resolutions: Commit to Change Together in 2014"](#) by Terri Peters

Stacking Benjamins Radio, December 16, 2013, ["Frugal and Fancy for the Holidays"](#) hosted by Joe Saul-Sehy (Average Joe Money)

Deseret News, October 28, 2013 ["Free Hotels: Swapping Houses Means Great Savings for Vacations"](#) by Michael DeGroot

All You (Time, Inc. publication) August 8, 2013, ["I Took the Trip of a Lifetime"](#) by Virginia Sole-Smith (print only)

Deseret News, August 19, 2013, ["Parents Looking for Ways to Save on Back to School Purchases"](#) by Michael DeGroot

Deseret News, May 7, 2013, ["Saving Moms: Mothers Doing Better Than They Think"](#) by Michael DeGroot

Better, Smarter, Richer, March 1, 2013, ["For Sara Tetreault, Frugal Living Can Be Fun and Fancy"](#) by Jackie Peterson

Yahoo Finance, January 9, 2013, ["We Saved \\$5K by Being Green"](#) by Farnoosh Torabi

Veteran's United Network, December 31, 2012, ["New Year's Resolutions You Can Stick To"](#) by Christiana Nielson

Deseret News, November 13, 2012, ["Lunch Money: Saving Can Still Be Tasty"](#) by Michael DeGroot

Kiplinger's Personal Finance Magazine, November, 2012, ["6 Things to Know About Free Shipping"](#) by Susannah Snider

Nerd Wallet, October 5, 2012, ["How Much Should I Save for a Rainy Day Fund"](#) by John Gower

NBC News, LifeInc.com, August 27, 2012, ["Money Saving Strategies Taken to the Max"](#) by Martha White

Chicago Parent, August 2, 2012, ["Teaching Kids to Pay Their Bills"](#) by Lela Davidson

Care, July 13, 2012, ["How to Save Money on School Supplies"](#) by Kate Hanley

Chicago Tribune, May 4, 2012, ["Frugal Mother's Day"](#) by Alexia Elejalde-Ruiz

Deseret News, March 26, 2012, ["No Coupons: Secrets to Beat Rising Food Costs"](#) by Michael DeGroot (print and on-line)

The Oregonian, December 5, 2011, ["Inexpensive But Meaningful Ways to Show Gratitude"](#) by Noelle Crombie (print and on-line)

The Oregonian, July, 30, 2011, Homes & Gardens, ["Reader Interaction: Awnings"](#) by Peggy McMullen

El Comerica, June 2, 2011, ["Tips for Cooking at Home More and Eating Less on the Street"](#)

The Oregonian, February 2011, FoodDay, ["2nd Place Winner Twitter Recipe Contest"](#) by Leslie Cole

Portland Metro Parent, April, 2008, ["The Unplugged Family"](#) by Emily Puro

The New York Times, June 29, 2006, ["At Home in the World"](#) by Stephanie Rosenbloom

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