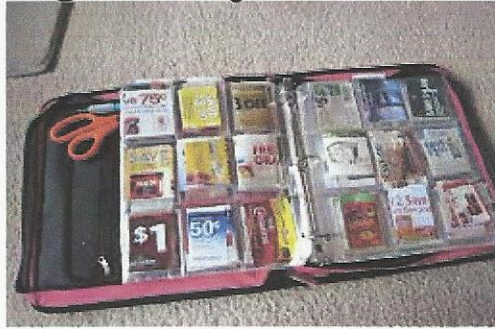


Coupons isn't just for hoarders!



- Why?** - Average family spends \$400/mo on groceries plus more for toiletries. Saving even 10% w/ coupons = \$40/mo more in your pocket!
- Great way to build up 3, 6, or 12 month supply for storage

Where? Where to find coupons?

- *Sunday paper (get it delivered or buy it Monday at the Dollar store or convenience stores like Circle K)
- *Internet - some companies (like Kellogg's) offer them on their own sites. Just click, print, & clip
- *Stores offer their own coupons in flyers, their websites, or mobile apps

- How?** - Organize - organize your coupons in a way that makes sense to you & makes it faster. Suggestions: *Coupon binder w/ baseball card sheets* so they are easier to see at a glance, then keep sheets by groups (ie: Baby items, dairy, paper goods, etc); or *accordion folder w/ pockets* to hold coupons
- Be strategic - *scour the ads (Wednesday for grocery, Sunday for other stores) look only for what you use a lot of, or will use in the future. *Best way? Buy the item on sale, with a coupon = double the savings!!!*
 - *Know store coupon policies (look them up online or ask at customer service in store)
 - Stock up - If a store has meat items in a Buy1/Get1 (or better) sale, stock up & put the extra in the freezer. *By far, the BEST way to stock up is to regularly get 3 Sunday papers, hold on to the coupons till there's a sale on something, then buy 3 of them - why? Most stores only let you use 3 of the same coupon in 1 transaction, & if you get 3 of something, keep them in your cupboards till you need it again. That way, you already have it & don't have to go out paying full price for it!*

- What?** What else? *Be patient & persevere!* It takes time to learn how to do it & at least a couple months before you really start to see the savings.