

COUPONING TIPS

Websites & mobile apps:

www.coupons.com - Printable coupons

www.shortcuts.com - Printable coupons

[RedPlum](http://RedPlum.com) - printable coupons

www.krazycouponlady.com - matches coupons with deals in our area

Food On the Table - mobile app: punch in your food preferences (no fish, love Italian, etc) and your preferred stores & using your phone's GPS, it'll comb through the store ads for you and suggest recipes built around that week's bargains.

Grocery IQ - mobile app: integrates coupons from coupons.com. When you add something, it alerts you if there are coupons available to print or load to your grocery-store loyalty card.

PushPins - mobile app: (linked with 6,000+ stores) automatically loads coupons to your loyalty card & suggests weekly specials when you build your shopping list or scan bar codes in-store

Safeway (Just for U) - mobile app: offers personalized digital coupons based on your shopping habits (with SCAN IT!, you can scan & bag groceries as you shop). Link your plastic loyalty card to the store's digital coupon center (most chains have one on their website now) so you're not missing any no-brainer savings at checkout.

Grocery Smarts Coupon Shopper - mobile app: matches up weekly ads (for Target, CVS, Rite-Aid, Walgreens, etc) with available coupons to show your ultimate bottom line (it'll hook you up with printable coupons or tell you newspaper ad dates).

CouponSense.com - For a small monthly fee, someone will match store deals w/ coupons for you! If you're pressed for time or work full-time, this might be worth it. I did this for a time & the savings way out-weighed the monthly fee. Online tutorials make it easy to get started.

Other things to know:

- Look for seasonal sales - stock up on condiments in the summer to last the year, school supplies in the fall to last the year, baking supplies go on sale around Thanksgiving, Christmas, & Easter so stock up for a few months

