

Coupon Seminar

I. How to use coupons effectively

II. Show my spreadsheet and action plan (explain how I get things for free or next to nothing)

III. Popular coupon websites

IV. Best time to buy

V. Q & A

If you're interested in couponing, but aren't sure how to get started, this guide's for you:

Where to Look for Coupons

There are lots of coupons up for grabs, if you know where to find them. By far, the best places to look are:

- **Newspapers**- the Smart Source and Valassis coupon inserts appear on a near-weekly basis. The Procter and Gamble insert appears at the start of each month
- **Magazines**- women's publications such as *Woman's Day*, *Red Book*, *Family Circle* and *Good Housekeeping* frequently carry manufacturer coupons
- **In store**- look for coupons on store shelves, on products and on the back of your receipts. Also look for coupons to print out at the register

Additional places to look:

- **Online**- look to [free grocery coupon sites](#) for loads of printable coupons. Not all stores take them; but if yours does, you're in luck
- **Junk mail**- high-value manufacturer coupons have started to appear in junk mailers, so be sure to look before you toss
- **Direct from the manufacturer**- check manufacturer websites for printable coupons or contact companies (by mail, e-mail or phone) to request coupons
- **Store mailings**- get a frequent shopper card for the grocery stores that you shop, and you may be rewarded with special coupon mailings
- **On products**- look in and on the packaging of the products that you buy for special loyalty coupons
- **Receipts** – check your receipts on purchases you have made before filing or tossing in the trash.

How to Keep Coupons Organized

There are lots of ways to organize coupons; the key is to find the approach that works best for you. Three options to consider:

- Clipping out all coupons
- Clipping out just the coupons that you intend to use
- Leaving the coupon inserts intact, and clipping coupons on an "as-needed" basis

Whichever approach you choose, there are several things that you can do to ensure that your coupons remain neat and accessible:

1. **Develop a filing system.** Many couponers organize their coupons by grocery category--dairy, frozen foods, deli, etc. – but it's not the only way to go. Find a filing system that works for you--by aisle, by expiration, etc. – and put it into action.
2. **Find a container to hold your coupons.** Use a shoebox, a storage container, a coupon wallet or a recipe box – it doesn't matter what you choose – but it's important to have a landing spot for all of those coupons.
3. **File coupons the same day you get them.** Okay, so you may not always have time to file your coupons right away, but try to file them as soon as you can. This will prevent them from getting lost, and save you the hassle of having to sort through a big mess of coupons all at once.
4. **Purge regularly.** Expired coupons won't save you money, so don't let them hog space in your coupon file. Set a schedule for purging expired coupons, and stick to it.

How to Maximize Your Savings:

- Shop at [stores that double coupons](#)
- Keep your coupons with you at all times – you never know when a deal might pop up
- Match coupons to sales – use a site like [couponmom.com](#) to help you do this
- Get creative: [Clever Couponing Strategies](#)

Coupon Savings Week of May 9, 2010

CVS Order 1

Schick Hydro 5 (\$8.99, use \$5.00 coupon + 4.00 ExtraBucks)= \$3.99 (Real Costs = Free with a \$.01 PROFIT)

Pull-Ups (\$8.49, use \$1.50 coupon + \$2.00 ExtraBucks)= \$6.99 (Real Costs= \$4.99)

Right Guard (\$2.49, use \$1.00 coupon + \$2.00 ExtraBucks)= \$1.49 (Real Costs=FREE with a \$.51 PROFIT)

Total Cash: \$12.47

ExtraBucks: \$8.00

Real Costs: \$3.98

CVS Order 2

2 Boxes of Kellogg's Cereal (\$3.76, use \$1.00 coupon)= \$2.76

2 Boxes of Austin Crackers=\$2.00

2 Turkey Hill Teas (\$3.38, use \$1.00 coupon) = \$2.38

Clear Eyes (Buy 1, Get 1 Free, use \$1.00 coupon)=\$2.49

Total Costs: \$9.63 (less \$8.00 in ExtraBucks) = \$1.63

Food & Groceries

Brand Name	Product	Size Req'd to Purchase	Qty Req'd to Purchase	Coupon Value	Expiration Date	Notes
Chocolate Cheerios	Cereal	1 Box	1	\$0.50	5/29/2010	
Mazola	Cooking Oil	1 Bottle	1	\$0.50	5/31/2010	
Campbell's	Condensed Soup	1 Can	3	\$0.25	5/31/2010	
Betty Crocker	Hamburger Helper	1 box	3	\$0.75	6/5/2010	
General Mills	Cereal	1 Box	2	\$1.00	6/12/2010	
Yoplait	Yogurt	1 Cup	6	\$0.40	6/12/2010	
Kebbler	Sandies Cookies	1 Package	1	\$0.55	6/13/2010	
Kebbler	Cookies	1 Package	2	\$0.55	6/13/2010	
New York Brand	Garlic Toast	1 Box	1	\$0.50	6/14/2010	
Pillsbury	Grands Biscuits	1 Tube	2	\$0.30	6/19/2010	
Pillsbury	Crescent Rolls	1 Tube	2	\$0.40	6/19/2010	
Pillsbury	Cookie Dough	1 Package	2	\$1.00	6/19/2010	
Yoplait	Yogurt	1 Cup	6	\$0.40	6/19/2010	
Sis. Shubert's	Yeast Rolls	1 Package	1	\$0.50	6/30/2010	
Quaker	Granola Bars	1 Box	2	\$1.00	6/30/2010	
Welch's	Fruit Snacks	1 Box	1	\$0.40	6/30/2010	
Fruitables	Juice Box	8-Pack Box	1	\$1.00	6/30/2010	2 Coupons
Turkey Hill	Iced Tea	1/2 Gallon or Larger	2	\$1.00	7/11/2010	
Sargento	Cheese	Reduced Sodium Package	1	\$1.00	7/18/2010	
Hershey's	Pieces Candy	1 Bag	1	\$1.00	7/18/2010	
Tony's	Pizza	1 Box	2	\$1.00	7/31/2010	
Eggland's Best	Cage Free Eggs	1 Carton	1	\$0.55	8/30/2010	

Household Items

Brand Name	Product	Size Req'd to Purchase	Qty Req'd to Purchase	Coupon Value	Expiration Date	Notes
Degree	Deodorant	1 Bottle	1	\$1.00	5/23/2010	
Lysol	Disinfectant Spray	1 Can	1	\$1.00	5/25/2010	
Lysol	Toilet Bowl Cleaner	1 Bottle	1	\$0.75	5/25/2010	
Hall's	Cough Drops	1 Bag	1	\$1.00	5/30/2010	
Pepcid	Acid Reducer	1 Bottle	1	\$2.00	5/31/2010	
Febreze	Fabric Refresher	Any	1	\$1.00	5/31/2010	2 Coupons
Tide	Stain Release	Any	1	\$1.00	5/31/2010	2 Coupons
Tide	Stain Release	Larger Size	1	\$3.00	5/31/2010	2 Coupons
Gillette	Deodorant	1 Tube	1 Tube	Buy 1, Get 1 Free	6/1/2010	
Gillette	Fusion Razor	1 Razor	1 Razor	\$1.00	5/31/2010	
Ziploc	Slider Bags	1 Box	1 Box	Buy 1, Get 1 Free	6/5/2010	
Energizer	Batteries	1 Pack	1	\$1.00	6/12/2010	
Bic	Shaver	1 Pack	1 Pack	\$3.00	6/13/2010	
Bic	Cartridge Refill	1	1	\$2.00	6/13/2010	
Resolve	Deep Clean Powder	1 Bottle	1	\$1.00	6/20/2010	
Resolve	Cleaning Product	1 Bottle	1	\$1.00	6/20/2010	
Nivea for Men	Body Wash	1 Bottle	1	\$1.00	6/30/2010	
Dove	Bar Soap	Multi-pack	1 Package	\$0.15	6/30/	Target coupon
Windex	Glass Cleaner	1 Bottle	2	\$1.00	7/4/2010	
Windex	Multi-Surface Cleaner	1 Bottle	1	\$1.00	7/4/2010	
2000 Flushes	Toilet Bowl Cleaner	1 Box	1	\$1.00	7/31/2010	
Clear Eyes	Eye Drops	1 Bottle	1	\$1.00	8/2/2010	2 Coupons
Simply Saline	Saline Solution	1	1	\$1.00	5/31/2010	

Popular Coupon Websites

www.CouponCabin.com is one of the top sites that offers printable coupons and the coupons are updated and fresh. In fact, you'll find that you can easily find online favorites and you can even sign up for a newsletter you get weekly to let you know about the newest deals and coupons available.

www.Coupons.com offers a wide variety of different coupons, such as those you find in the paper on Sundays. From grocery coupons to baby coupons, and more, you can find great deals by zip code on this site.

www.CouponMom.com is another of the top coupon sites out there today, offering not only great coupons, but discount codes as well. You will find that there are lots of banner ads on the site, the deals that are offered are excellent. Email alerts are provided for your special favorites or brands. The design of the site makes it easy to find the coupons and discounts you're looking for.

www.SmartSource.com is another excellent option for finding printable coupons. They offer various online deals and printable coupons to provide excellent savings for their customers. You can easily enter your zip code for deals that are in your area and many great deals are available.

This is one of the best coupon sites on the web and the entire community is excellent. Since users can show whether or not their promo code or coupon worked for them, it is helpful for other people who come through. It's a very reliable site and email alerts are available when new coupons or codes are available from your favorites.

1CouponZone.com

This site is full of great features. The home page offers different categories that allow you to look through the site for coupons that you are looking for. There are children's coupons, baby coupons, coupons for food, electronics, and more. You'll also find a link on the main page to some of the most popular coupons available too to help you out.

This is a site that allows you to print off coupons for retailers in your area. However, you can find online discounts available at this site as well. There are a variety of categories to search through for your coupons to make it easier for you and you can take a look at the Daily Deals that are offered by the site.

This is a huge site that actually offers more than a million different types of coupons. There is a five dollar yearly fee that you pay and then for every 50 coupons you get from the site, you get another \$5 fee to pay. However, you only have to print off the coupons that you want, so you have complete control over what you get. It has a profit sharing program as well, allowing you to get part of the sign up fee for those that you get to subscribe to this site.

You'll find printable coupons and online promo codes at this site. They have 15 different categories to browse through and you can choose whether to search for coupons in your area or whether you want to search the site for coupons online.

www.Save.com If you're looking for grocery coupons, this is one of the top coupon sites you'll want to visit. Usually most people are looking for grocery coupons anyway. Every week the list of coupons is updated and you can easily search for what you are looking for. However, you are required to register for the site before you can use it.

www.EverSave.com is another coupon site that offers coupons available in different categories, such as grocery, home and wellness, pets, baby, and more. Grocery coupons are available in your specific area after you put in your zip code, but a variety of other coupons are available without giving your zip code as well. You can easily sort coupons by category, making it quick and easy to get the coupons you want.

Here you'll find great coupon codes as well as printable coupons for groceries as well. The site offers coupons for many websites, but if you prefer to shop offline, you'll find some great coupons as well. You can add coupons to favorites and even rate whether or not a coupon actually works for you. They have a search bar that allows you to search for what you are looking for too.

At www.UltimateCoupons.com you'll find many featured coupons for online buying that help you get great online deals. Also on the site you can find local coupons and grocery coupons as well that you can use. It's easy to sign up for coupon letters by email and you can easily search the site trying to find the specific coupons that you really need. If you are looking for online promo codes, you can easily search alphabetically by store name or you can search by category as well.

www.Restaurant.com is a website that sells gift certificates to restaurants all over the country at a deeply discounted price – \$10 certificates sell for \$3 and \$25 certificates sell for \$10. To purchase a restaurant gift certificate, go to restaurant.com and enter your zip code to pull up all of the participating restaurants in your area. Then, choose the restaurant that looks interesting to you, and add a certificate to your shopping cart.

Groupon features a daily deal on the best stuff to do, see, eat, and buy in a variety of cities (Washington, DC is included) across the United States. The company offers one “Groupon” per day in each of the markets it serves. If a certain number of people sign up for the offer, then the deal becomes available to all, if the predetermined minimum is not met, no one gets the deal that day.

From “Miserly Moms”

Here is the list from the book *Miserly Moms: Living on One Income in a Two Income Economy* by Jonni McCoy.

January - February

men’s shirts, towels, linens, sheets, clothes dryer, used cars, water heaters, art supplies, bicycles, books, curtains, clearance furniture, toys, meats (turkey, ham), baking items

March

coats, clothing for all, shoes, TV, washing machines, ski equipment, housewares, artichokes

April - May

dresses, suits, coats, summer clothes, towels, TV, tires, outdoor furniture, paint, tools, garden supplies, summer sports equipment, gift items, artichokes, dairy products, ham, eggs, chicken

June - July

summer clothes, shoes, air conditioner, school supplies, outdoor furniture, building materials, most furniture, gift items, dairy products, fresh fish, barbecue foods, limes and lemons

August - September

summer clothes, fall clothes, school clothes, school supplies, garden supplies, outdoor furniture, rugs and carpets, bicycles, car batteries and mufflers, seasonal items, season passes, fresh fish, lamb, canned goods

October

cars from dealerships (buy close to last day of month for best deal), summer sports equipment

November

men’s shirts, water heaters, home improvement supplies, houses are cheaper

December

not a good time to buy anything, until December 26