

### ***Where to Get Coupons:***

**Newspaper** – Buy your paper from the largest city available. Only the Sunday paper has coupons. Get one paper per person in your home. [www.sundaycouponpreview.com](http://www.sundaycouponpreview.com)

**Online** - [www.coupons.com](http://www.coupons.com) [www.smartsource.com](http://www.smartsource.com) [www.redplum.com](http://www.redplum.com) [www.coupons.allyou.com](http://www.coupons.allyou.com) – You can print most internet coupons twice!

Bricks: an online coupon source, use your browser's back button to print them twice

**DO NOT COPY** – please don't make copies of printable internet coupons; they are assigned unique numbers each time you print them. If you photo copy coupons the store won't get reimbursed and that's stealing.

**Print Settings** – change your print settings to grayscale/black ink only and fast draft to save on the cost of printer ink

**Coupon Databases** – available on most blogs allows you to search for any available coupons and include manufacturer websites

**Magazines** - All You, available only at Wal-Mart or by subscription, magazines you can subscribe to for free

**Catalinas** - print out of Catalina machine at register

**Product Packaging** – sometimes inside the box

**Peelies** – coupons you can peel off the packaging

**Blinkies** – blinking machines in store aisles that offer free coupons

**Emailing Companies** – email or call companies and tell them how well you like their products; most of them will send you coupons in return

**Free Samples** – many come with manufacturer coupons

**Coupon Chains** – coupon swaps, family members

**Buy Them** – there are sources online where you can 'buy' coupons, essentially you are paying them for the time it takes them to cut the coupons.

## *Types of Coupons*

**Manufacturer Coupons** - coupons that are issued and paid by the manufacturer

**Store Coupons** - coupons that are issued by the store.

[www.meijermealbox.com](http://www.meijermealbox.com)

[www.meijer.com/mperks](http://www.meijer.com/mperks)

[www.riteaid.com](http://www.riteaid.com) – left column under ‘In Our Stores’, click on Video Values

**Digital Coupons** – coupons available for use on your phone (ex. mPerks)

**Mail In Rebates** - keep your receipts! Read the entire rebate form for specific directions.

## *Google Reader*

**Create a new email** - we suggest using [www.gmail.com](http://www.gmail.com) (Google) – you’ll want it because companies often ask for your email before they let you print coupons.

**Google Reader** – uses the same account and password; go to [www.google.com/reader](http://www.google.com/reader)

**Add Subscriptions** – click ‘Add Subscriptions’ and type your favorite blog addresses in the box one at a time

**Auto Sort** – all blog entries are auto sorted by date and are marked as read when you scroll over them

**Keep Unread** – check the little box if you want to keep a particular post as unread

**Add Star** – check the little box if you want a post put into the ‘Starred Items’ folder; these items won’t be deleted until you remove the star. We highly suggest marking posts about mail in rebates with a star.

**Mark All As Read** – mark old items as read so you don’t become overwhelmed with all of the posts.

**Search** – Enter an item or store you want to shop for, like ‘Huggies’, ‘Meijer’, or ‘soup’.

### ***Coupon Blogs We Recommend:***

[www.savingaddiction.com](http://www.savingaddiction.com) these are a couple young women from Holland and Hudsonville who write this blog. They include Meijer, Rite Aid, Walgreens and other great deals.

[www.hip2save.com](http://www.hip2save.com) includes everything including grocery shopping, online shopping, freebies, Old Navy, Target, you name it.

[www.bargainbriana.com](http://www.bargainbriana.com)

[www.myfrugaladventures.com](http://www.myfrugaladventures.com)

[www.happyhomemakercindy.com](http://www.happyhomemakercindy.com)

[www.thethrifty mama.com](http://www.thethrifty mama.com)

[www.common sensewithmoney.com](http://www.common sensewithmoney.com)

**Meijer vs. Wal-Mart** - Meijer has their own coupons that you can stack with manufacture coupons, making products cheaper than Wal-Mart. If you don't use coupons, Wal-Mart is usually cheaper.

**Loss Leaders** - Products on the front of Meijer's ad that are below cost. They lose money on one product to lure you in. We take full advantage of loss leaders.

**4-6 week Rotation** - Sales usually come back around every 4-6 weeks. It's a good idea to stock up on items that will last you until the next sale comes back around.

**Oops Bins – fruits, veggies, baked goods** - These are GREAT bins! A lot of times Meijer has made too much bread or treats or has fruit and veggies that they need to sell quickly. They put them in the Oops bin and sell them for a fraction of their original cost! (Ex: I bought 3 lbs of zucchini and Squash for \$1.00. I cut it up, and froze it!)

**Stacking Coupons and Sale Prices** - When you are shopping it is best to find a sale and then find a couple coupons to stack with it for EXTRA savings! (Ex: V-8 Splash often goes on sale 3 for \$5. Stack meal box coupons and manufacture coupons with it and your 3 for \$5 will probably end up being around 3 for \$2! That's less than \$1 per bottle!)

**Stockpile – takes time** - Building a stockpile of groceries is the best way to save money. It allows you to spend less out of pocket every week on the same amount groceries. This will take time, as you cannot go out and get every deal there is at one time.

Maybe one week you get juice, the next week you get peanut butter, and maybe the next toothpaste!

**Setting Limits - \$2 for cereal** - We have a certain price that we are willing to pay on some items. We know that cereal can be bought for less than \$2 a box, so we will NEVER pay more than that. We will never pay a dime for toothpaste or toothbrushes either. Know your prices, set your limits, and stick to it.

**Brand Loyalty** - We understand that there are some things that you are brand loyal to. So are we. However, sometimes, if you can get a product for a fraction of the cost, you might just want to try it... it may not be as bad as you thought! The manufacturer's goal is to have customers that are brand loyal.

**Catalina's** - FREE MONEY!!! The print outs at the cash register are not just advertisements, contrary to popular belief, these are usually money off products, or even better, money off your entire grocery bill!!

**Credit Card** - This is a touchy one. If you are **NOT** able to pay your entire bill off each month, then **DO NOT** get the Meijer credit card. If you **CAN** pay it off, get it. Around once a month Meijer offers 5% off your grocery bill and 15% off general merchandise purchases, along with Meijer gas promotions. This is a great way to get even more money off your bill.

**Meijer Meal Box** - Go to the 'SPECIALS' tab at the top; Select coupons by adding them to the Shopping List. To print, go to 'SHOPPING LIST' and Click 'Print'

### ***Rite Aid***

**Only Shop for Deals** – Drugstores over price their merchandise so they can sell it to you at greater discounts

**Wellness + Card** – You'll need one to get the sale prices; it's free, no strings attached. Earn points to get discounts.

**Manufacturer Coupons** – Rite Aid only accepts manufacturer coupons that have a UPC starting with '5'

Internet Printable Coupons - \$5 value and under are accepted

### **Rite Aid Coupons**

Rite Aid Valuable Coupons – are labeled 'Valuable Coupon' and the UPC starts with a '48' usually a total purchase coupon

Rite Aid Manufacturer Coupons – primarily found in the sale ad or through video values and the UPC starts with a '49'

**+UP Rewards** – coupons that print out at the bottom of your receipt for buying specific items; can be used ‘like cash’ to pay for your purchase – not including sales tax. Some exclusions apply. Call 1-800-RITEAID if all your +UP rewards don’t print.

**Buy One, Get One Free** – you can use these on BOGO promotions and get 2 items FREE, just pay the sales tax. You can also buy 2 items, use a BOGO coupon on one item and a second coupon on the item you’re not getting free.

**Total Purchase Coupons** – coupons good for an amount off your total purchase (\$5 of \$25 purchase before sales tax), the UPC starts with a ‘48’. Use this coupon first. Get your transaction as close to the specified amount as possible to get the best deal.

**Multiple Coupons** – use one ‘48’ Valuable Coupon, one ‘49’ Rite Aid Manufacturer Coupon and one ‘5’ Manufacturer coupon on a single item.

**Video Values** – watch commercials to get Rite Aid coupons. You can print them until they expire; only print them once

**Single Check Rebates** – [www.riteaid.com/scr](http://www.riteaid.com/scr) Sign up for a SCR account to get additional savings. Your check will be mailed each month. Cash it at the bank or at Rite Aid. Be sure to enter EVERY receipt. One per household.

**Multiple Transactions** – make multiple transactions in an effort to pay less out of pocket, especially when a Total Purchase Coupon (\$5/\$25) is available. Buy filler items to get the things you want cheaper

**Rolling** – ex. You do one transaction to earn a +UP then repeat the same transaction and use the +UP from the 1st to pay for the 2nd.

**Make Friends** – with cashiers; couponers make extra work for cashiers, be sure to let them know how much you appreciate them and the time it takes for you to use your coupons.

**Store Manager’s decision is final** – if your coupon beeps at the register, redemption is at the discretion of the store manager

**Rain Checks** – if an item is out of stock get a rain check, they are good for 30 days

### ***Finally***

Give it Time – it takes time to build your stockpile and to see weekly savings on your grocery bill

Storing/Organizing coupons – accordion folder and stash box

Organizing and Preparing for your shopping trip - only buy what is on your list

Deals To Meals – [www.bargainbriana.com](http://www.bargainbriana.com) is now offering weekly meal ideas that coincide with the Meijer sale ad

## ***Coupon Lingo***

**OYNO:** On your next order

**BOGO/BIG1:** Buy one get one

**CAT:** catalina printouts - coupons that print out at the checkout!

**Blinky:** a little device in store aisles that blinks a red or green light... it has free coupons! - Can be used at any store.

**Peelie:** A coupon that can be peeled off a product in the store! -Can be used at any store

**Tear Pad:** a pad of free coupons found in store aisles that you can tear off and use! - Can be used at any store.

**OOP:** out of pocket

**Rolling:** This is when you use a catalina, register reward, or gift card to pay for a transaction, and get another catalina, register reward, or gift card back.

**Stacking:** using more than one coupon on one product.

**Stockpiling:** buying several of one SUPER CHEAP product so you don't have to buy it again for a long time!

**FAR:** free after rebate

**SS/RP/P&G/GM:** short hand for the coupon inserts found in the Sunday paper. (Smart Source, Red Plum, Procter & Gamble, General Mills)

**MQ:** manufacturer's coupon

**MMBQ:** Meijer meal box coupon

**MIR:** mail in rebate

**RR:** register reward. These are Walgreens' version of CATS

**+UP:** a print out at Rite Aid that is as good as CASH!

**SCR:** Single check rebates- this is Rite Aid's rebate program.

**YMMV:** your mileage may vary. Sometimes one store will have a sale on an item, but the same store at a different location may not.