**Couponing 101 .**

*I have saved literally thousands of dollars by couponing. I save around 75% each week at the local stores. I never pay full price for hair products, toothpaste, deodorant, cosmetics.  You don’t have to either!!*

* [www.weusecoupons.com](http://www.weusecoupons.com)  Join this site, they tell where the deals are each week and what coupons to use to get them
* Always buy at least 2 Sunday Papers for the coupon inserts so you can do the b1g1free deals and have a coupon for each (they ring up half price so you can use 2 coupons).
* **Cut and File your coupons. This is #1 most important. If you have them organized when you go in the store you can flip right to that section and find the coupons you want.**
* Organize your coupons into categories. Start out with a small coupon pouch or use index cards to separate the various sections like: Baby, Cereal, Dairy, canned goods, frozen, meat, snacks, etc. do them alphabetically or the way your favorite store is organized. You can get a small coupon organizer at the dollar tree, or use a tackle box and organize them by index cards. I use a binder with baseball card holders and insert the coupons in these. I put index tabs down the side to section them into categories.
* The grocery ads come out on Wed. join the online site for Harris Teeter to get exclusive offers each Wed and Friday good only with your card. Same goes for Lowes foods.
* Always register your card online with CVS, Rite Aid. They will send you offers to get coupons to print out. CVS, Walgreens and Rite aid offer instant coupons at the register with some of their offers that you can spend like $$ on anything in the store. Learn to make a list of the sale items offering the extra care bucks(CVS) Register rewards (Walgreens) or UP rewards (Rite Aid) and after the initial week, you can use the coupons the following week to get the next batch of offers. so you will be using their money to buy  the offers (known as "rolling over" the offers")
* Target.com offers new coupons that you can use in addition to manufacturer coupons so always check to see what they have new each week that you can combine and get a better deal.
* Harris Teeter, Lowes foods, all double coupons up to .99 everyday. HT triples coupons about every 3-4 months or either does super doubles. Triples work like this: they will take any coupons to .99 and triple them (limit 3 alike), 20 per transaction per day super doubles: they will take coupons to $1.99 and double them, same limitations
* Walmart will meet any competitor ads for the same product. just take the ad to them and they will take your coupons also. If the coupons exceed the price of the item, they will give you the overage. EX: if you use a $4 coupon on an item that cost $3, you will make $1 (that you can use towards something else in the same order) be sure you figure this up so they dont end up owing you back at the end because they will not give you cash back. EX: you use 3 $4 coupons on 3 items costing $3, leaving  credit of $3 - be sure you buy something that doesn't have a coupon to use this overage they do accept internet coupons as long as they will scan.
* All the stores will take internet coupons if they scan. Be aware that there are fraudulent coupons on the internet sometimes for FREE items. These are usually not valid. If you doubt the validity of the coupon, don’t use it! They can arrest you for fraud for using these.
* You cannot be brand loyal and do well at couponing. Try new things if doubling a coupon will get the item free or donate it to a food bank.
* If the store doesn't have the product you came for, ask for a Rain check (this will allow you to get it when back in stock and maybe you can find a coupon on it if you don’t have one.
* If you have multiple coupons, use them all when a great deal comes along Stock up when you can get it for pennies. Known as stockpiling!
* Always look for specially marked packages, unadvertised specials. Buy one get one free deals, blinky machines with coupons, refund offers (many of the beer companies give you back cash for things like buying chicken, beef, paper products. In NC you DO NOT have to buy beer to get the refund. Always check the beer section for refund forms. You will usually just need to provide a receipt showing you bought the requested item to get a refund by mail.
* Look for peel off coupons attached to the item and demo people giving out coupons
* You can also order coupons from [www.thecouponclippers.com](http://www.thecouponclippers.com) she has an alphabetized list of all precut coupons. min order is $3. She is very reliable and gives quick service. I have used this service for around 10 years.  She is a pastor's wife in Fla.
* Use store coupons along with manufacturer coupons on the same item. Walgreens, Rite Aid do this often. They will have a coupon in their ad or in a monthly sales book at the front of the store. You can use their coupons and your manufacture coupons together.
* Register at all the websites of places you frequent. They will send you offers for your birthday and on other occasions. Many of the restaurants do this. Sticky Fingers, Chili's, Lane Bryant, bathandbody.com, victoriasecret.com, etc.
* Instead of just sending an email to complain about a product, sometimes send one to let the manufacturer know how much you really LIKE the product. Many times I have received a coupon for a free product by doing this.
* Set goals
* Don’t get discouraged, it takes time to build your coupon file and your stockpiles
* After major holidays, look for marked down items, you can use coupons on these to and save them for gifts!
* Learn to be patient. You are going to find people/clerks/Managers and even relatives that will look at you like you are from another planet and try to discourage you. It doesn't pay to argue, very often their ignorance is the result of poor training. Don’t get mad, ask for a manager or call the home office or send an email to customer service about the problem. They really do want to help. I have been contacted a few times by client reps and offered gift cards to come back to their stores after being treated poorly or been given poor customer  service.
* Build a gift closet: save freebies for gift giving
* Have fun with this new hobby. It is the only one that pays you back instead of taking all your money!!

Additional resources and links you can use:

<https://moolasavingmom.com/>

<https://www.pgeveryday.com/>

<https://www.coupons.com/>

**Mobile apps** you can redeem credits/Cash from (Just scan you purchase receipt)

Mobisave Ibotta Checkout 51

  

Make sure you create an account on all stores you shop at to get deeper discounts!

Join various Facebook Couponing Groups to get in the loop of what is currently happening (What is on sale)

**Some groups are:** Couponing at Harris Teeter; Couponing at Dollar General; Couponing at Rite Aid;

Also, Dollar General will give you a $3 off coupon on every receipt/purchase you can use on your next shopping trip. Dollar General does Pennies items on Tuesdays!