

A blue umbrella is positioned at the bottom of the frame, catching a heavy rain of falling US dollar bills. The bills are shown in various orientations and stages of descent, creating a sense of motion. The background is a clear, bright blue sky. The overall scene is a metaphor for financial gain or success.

IT'S RAINING MONEY...!

Coupons 101

"We encourage you wherever you may live in the world to prepare for adversity by looking to the condition of your finances. We urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt. . . . If you have paid your debts and have a financial reserve, even though it be small, you and your family will feel more secure and enjoy greater peace in your hearts."

All Is Safely Gathered In: Family Finances, Feb. 2007

Recent Examples of Couponing



- All internet pick & print coupons



Recent Couponing Examples



- Pampers Baby Wipes
60 – 72 count
- Everyday price at WalMart
\$1.97

•Coupon \$2 off each

•**FINAL PRICE: FREE**



Recent Couponing Examples



- Reach Floss 55 Yards
- Sale Price = \$0.97

- Coupon \$1 off each

FINAL PRICE = FREE



Recent Couponing Examples



- Lubriderm 6 oz bottle
- Sale price \$3.99 to \$4.49
- In ad coupon for \$3 off
- Printable MFG coupon \$2 off
- **FINAL PRICE – FREE!!!**



I can't do this!

- My life is so busy, I just don't have the time.

- 15 Minutes a Week



- I don't want to clip a bunch of coupons that I probably won't use



- Only clip coupons as you are going to use them.



Coupons Basics

- 1 MFG coupon per item
- You cannot have more coupons than items. Use Filler items when coupons exceed items.
- Coupon Stacking – using 1 store coupon with 1 MFG coupon.
- Catalina – a coupon that prints out at the register that is either \$\$ off your next purchase or \$\$ off a certain product.
- Blinkie – a coupon that prints out at a machine in the store, located by the product associated with the coupon.



More Couponing Basics

- Don't photocopy coupons. Each coupon has a PIN that can only be used once.
- Read coupon – not just picture. Often more items qualify than are pictured
- Limit 1 item per purchase vs. 1 item per customer vs. 1 item per transaction.
- Rite aid in ad (MFG cpn) can be stacked with a MFG cpn
- Coupon the trial sizes if your coupon does not limit size.
- When doing multiple transactions, they have to be different amounts. Use filler items.
- Watch for overages – sale price less than coupon. Put a filler item in before running coupon or the coupon will be rejected
- Two transaction limit at pharmacies and smaller stores. Grocery stores “reasonable” limit & warn those behind you.



Couponsing Goals

Save 60 % or more

Stock up on items when they are 70% or more discounted.



How to Coupon (Classic method)

- Get 4 to 6 Sunday inserts each week (friends/family) / [CouponThingsbyDede.com/problems with Spokesman Review](http://CouponThingsbyDede.com/problems-with-Spokesman-Review)



- When a good sale happens you need to stock up. That means having a lot of each coupon.

- Get a 24 to 30 section accordion notebook. Title each section with the month / Sunday week. For example, Sunday, June 20th would be marked 6/20.
- Have a small box with A-Z dividers & several small envelopes that fit in the front.



How to Coupon



- Look for 3 Coupon Inserts in each paper
 - Smart Source (SS) (Each week)
 - Red Plum (RP) (Each week)
 - Proctor & Gamble (PG) (1 x a month)
- Take the whole insert, write the date of the insert & date of last expiration of cpn on the cover page, and put it in your accordion. See CouponsThingsbyDede.com for expiration dates.



•Do NOT bother clipping any coupons now.

Buying Coupons – TheCouponClippers.com & CouponsThingsByDeded.com

06/09/10 at 11:18AM

Delivery Date
Calculator



SHARE

Find us on
Facebook

twitter
FOLLOW ME

My Wish List

Aisle by Aisle

- Baby/Children
- Baked Goods
- Beauty Aids
- Beverages
- Breakfast Products
- Condiments/Baking
- Coupon Carriers
- Dairy
- Deli Meats/Cheeses
- Energy/Diet Foods
- Ethnic Foods
- Expires
- Feminine Products
- Forms
- Frozen Foods
- Health Foods

Featured Coupons

Add to Cart



*****Pampers wipes on
any, 60 count or larger

NEW 🐾

LIMIT 10. These are only
\$1.97 everyday at Walmart.
Can you say FREE?

Available: 172

Value: \$2.00

Expiry: 07/31/10

Handling Fee: \$0.50

Quantity :



****Nabisco Ritz
Crackerfuls on 1, 6
oz,DND or T-5 NEW 🐾

LIMIT 10

Available: 1254



*****Jell-O Gelatin or
Pudding boxes on TWO,
DND-5 NEW 🐾

LIMIT 10

Available: 792

Value: \$0.50

Expiry: 07/06/10

Handling Fee: \$0.10

Quantity :



*****Olay Total EFFECTS
Body Wash on ONE NEW 🐾

Available: 1538

Value: \$4.00

Expiry: 07/31/10

Handling Fee: \$0.30

Quantity :



***Maruchan Yakisoba
products on any TWO 🐾

Available: 540



***Mentos Sugarfree
Gum on ONE 15 pc bottle,
DND-5 🐾

Available: 541

Go to CouponMom.com and check the sales for local stores: Walmart, RiteAid, Target, Walgreens. (Possibly Fred Meyers via ID – Smiths)

The image shows a screenshot of the CouponMom.com website. At the top, the logo reads "CouponMom.com the easiest way to save". To the right, it says "Featured on:" followed by logos for "TODAY", "OPERA", "CNN", and "and more". Below this is a blue banner with the text "Cut Your Grocery Bill in Half!" and a photo of a woman. A green arrow points from the text in the first block to the "Grocery Deals By State" dropdown menu. The dropdown menu is open, showing a list of store names: Target, CVS Deals, Rite Aid, Target, Wal-Mart (highlighted in blue), Walgreens, AL-Kroger, AL-Publix, AL-Winn Dixie, AZ-Frys, AR-Kroger, CA Northern-Safeway, CA Southern-Ralphs Advertised Deals, CA Southern-Ralphs Unadvertised Deals, CA Southern-Vons/Pavilions, CA Southern-Albertsons, CO-King Soopers, CO-Safeway, and CT-Shaw. An orange arrow points from the text in the first block to the "Wal-Mart" option in the dropdown menu. On the left side of the page, there is a sidebar with links: "Printable Grocery Coupons", "Grocery Coupon Database", "Restaurant Coupons", "Free Samples & Coupons", "Online Coupons", "My Profile", and "Logout". Below these are "Sponsored Links" for "Spokane Dining" and "www.LivingSocial.com". On the right side, there is a "Share" button and a "Tell A Friend" button. Below the dropdown menu, there is a section titled "Walgreens Deals , Target" with a background image of stacks of money.

Here are the sales for the week of June 8th



Cpn. Out ▲▼	Description ▲▼	Cpn. Value	Qty.	Sale Price ▲▼	Final Price ▲▼	% Saved ▲▼
<input type="checkbox"/> 03-07 RP	Reach Floss 55 yd (see 1/3 R1 for \$1.00 Off 1 cpn) -- charity!	\$1.00	1	\$0.97	FREE	100%
<input type="checkbox"/> 05-16 RP	Reach Floss 55 yd -- charity!	\$1.00	1	\$0.97	FREE	100%
<input type="checkbox"/> 06-06 PG	Pampers Wipes 60-72 ct	\$2.00	1	\$1.97	FREE	100%
<input type="checkbox"/> 05-02 S	Purina Kitten Chow 16-18 oz (cpn is for 1 FREE) -- charity!	N/A	1	\$0.00	FREE	100%
<input type="checkbox"/> 04-25 S	Carefree Liners 22 ct -- charity!	\$1.00	1	\$1.00	FREE	100%
<input type="checkbox"/> 06-06 RP	Rolaids 18 ct (regular price \$2.23 -- cpn is for \$4.00 Off 2)	N/A	2	\$0.23	\$0.23	90%
<input type="checkbox"/> 04-25 S	Hersheys Bliss Chocolate Bar 1.3 oz.	\$0.55	1	\$0.64	\$0.09	86%
<input type="checkbox"/> 05-16 S	Air Wick Freshmatic Compact I-Motion Starter Kit	\$4.00	1	\$5.00	\$1.00	80%
<input type="checkbox"/> 05-02 RP	Nivea For Men Body Wash 16.9 oz (see 4/25 RP for \$1.00 Off 1 cpn)	\$3.00	1	\$3.97	\$0.97	76%

Click the ones you want, and scroll to the bottom and click "Display Selected Deals"

<input type="checkbox"/> 06-06 S	Hartz Crunch N Clean Cat Treats 3 oz Check Grocery Coupon Database for more coupons	\$1.50	1	\$2.00	\$0.50	75%
<input type="checkbox"/> 06-06 PG	Olay Total Effects Body Wash 8.4 oz	\$4.00	1	\$5.47	\$1.47	73%
<input type="checkbox"/> 06-06 RP	Tucks 12 ct (regular price \$2.74 -- cpn is for \$4.00 Off 2)	N/A	2	\$0.74	\$0.74	73%
<input type="checkbox"/> 05-23 RP	Noxzema Super Smooth Triple Blade Razors 4 pk	\$2.00	1	\$2.97	\$0.97	67%
<input type="checkbox"/> 06-06 S	Joint Juice 4 pk	\$2.00	1	\$3.18	\$1.18	63%

Print your Shopping List

Wal-Mart Deals

Selected deals: 7

[Print](#) [Clear List](#)

Go to your accordion, and clip only the coupons you want.

Sort by Cpn Date	Sort Alphabetically by Item	Cpn. Value	Qty.	Sale Price	Final Price	% Saved
03-07 RP	Reach Floss 55 yd (see 1/3 R1 for \$1.00 Off 1 cpn) -- charity!	\$1.00	1	\$0.97	FREE	100%
04-25 S	Hersheys Bliss Chocolate Bar 1.3 oz	\$0.55	1	\$0.64	\$0.09	86%
05-02 S	Purina Kitten Chow 16-18 oz (cpn is for 1 FREE) -- charity!	N/A	1	\$0.00	FREE	100%
05-16 RP	Reach Floss 55 yd -- charity!	\$1.00	1	\$0.97	FREE	100%
05-23 RP	Noxzema Super Smooth Triple Blade Razors 4 pk	\$2.00	1	\$2.97	\$0.97	67%
06-06 PG	Pampers Wipes 60-72 ct	\$2.00	1	\$1.97	FREE	100%
06-06 PG	Olay Total Effects Body Wash 8.4 oz	\$4.00	1	\$5.47	\$1.47	73%

Total Price: \$2.44

Total Savings:

82%

[Print](#) [Clear List](#)



GrocerySmarts.com

CouponMom.com has coupon analysis for national chains Walmart, Rite-Aid, Walgreens & Target, but no local grocery stores. So...



- GrocerySmarts.com is similar to CouponMom.com in format, but has local grocery store: Albertsons & Fred Myers along with Walgreens & Winco
- Requires a Passport Code: for Idaho it is **g83ro1**
- Here is a shot of Albertsons for Idaho on June 9th

	* Dairy Promo: Get a \$5 coupon valid on your NEXT shopping trip when you buy 5 or more participating products.		\$5 coupon will print at checkout valid on your NEXT shopping trip. Sale prices shown are BEFORE/AFTER \$5 coupon is factored in. Discount is essentially \$1 per item.	
****	Brummel and Brown Spread 8 oz. spray, 10 oz. squeeze, 15 oz. tub	\$2.39/ \$1.39		\$1.39
****	I Cant Believe Its Not Butter, 8 oz. spray, 10 oz. squeeze, 15 oz. tub	\$2.39/ \$1.39		\$1.39
****	Land O Lakes Spreadable Butter, 7-8 oz. tub	\$1.39/ \$39		\$1.39/ \$39
****	Promise Spread, 8-15 oz.	\$2.39/ \$1.39	Promise Product, any .65/1 DND (6-20-10) RP-5/23	\$.74
*****	Dannon Danimal Crush Cups, 4 ct.	\$2.00/ \$1.00	Dannon Danimals products, any Smoothie 6 pack or 12 pack, Crush Cup 4 pack, or Coolision 6 pack \$1/1 (7-18-10) SS-6/6	Free
****	Dannon Danimal Dan-o-nino, 6 ct.	\$2.00/ \$1.00	Dannon Danimals Coolision or Dan o Nino, any six pack .55/1 (active) Group C -05/20 * Print twice	\$0.45
*****	Dannon Activia Yogurt, 4 ct.	\$2.00/ \$1.00	Dannon Activia, any 4 pack, 8 pack, 12 pack or 24 oz. \$1/1 DND (6-30-10) SS-5/2 and (7-18-10) SS-6/6	Free
*****	Dannon DanActive Yogurt, 4 ct.	\$2.00/ \$1.00	Dannon DanActive, any 4 pack or 8 pack \$1/1 DND (6-30-10) SS-5/2 and (7-31-10) SS-6/6	Free
****	Dannon Light and Fit Yogurt, 4 ct.	\$2.00/ \$1.00		\$2.00/ \$1.00
****	Floridas Natural Orange Juice, 64 oz.	\$2.99/ \$1.99		\$1.99

	* Kelloggs/Keebler Promo: \$1.75 each when you buy 5 in a single transaction.		Sale prices shown are BEFORE/AFTER purchase of 5 items. Must buy 5 to get the \$1.75 price. Mix and match.	
***	Keebler EL Fudge or Fudge Shoppe Cookies, 8.5-15 oz.	2.50/1.75		\$1.75 ea
****	Keebler Town House Crackers, 11.7-16 oz.	2.50/1.75		\$1.75 ea
****	Kelloggs Cereal, 17 oz. Frosted Flakes, 12	2.50/1.75	Kelloggs Cereal, any two 10 oz or larger \$1/2 (active)	\$1.25 ea



Stepping It Up A Notch!

There are other types of savings that can save you even more on many other items.

- Store (In Ad) coupons that can be stacked with MFG coupons
- Catalina's – Albertsons is big on this . Often times there will be \$3 to \$5 Catalinas when you buy certain items.
- Printable coupons from SmartSource.com, RedPlum.com, Coupons.com, and many other websites.
- Load coupons on your shoppers cards from Cellfire.com, Shortcuts.com, Upromise.com. These are NOT MFG coupons, and can be combined with MFG coupons!

How to Make it Easy!

TheKrazyCouponLady.com

The screenshot shows the homepage of TheKrazyCouponLady.com. At the top, the site's name is written in a mix of serif and cursive fonts, with the tagline "Pick Another CHECKOUT LANE, honey" below it. A silhouette of a woman in a dress stands on the right. A dark blue navigation bar contains links for Home, Crazy This Week, Beginners, Print Coupons, Retail Therapy, Freebies, Catalinas, Bragging Lounge, Book, and Contact. Below this is a yellow "Find My Store" section with a dropdown menu and a list of retailers: Albertsons, CVS, Rite Aid, Safeway, Target, Walgreens, and Walmart. To the right is a search bar with the text "Enter Keyword..." and a "Search" button. A yellow banner with the text "That's so Krazy" and a pagination control "« Prev 1 2 3 4 5 Next »" is positioned above two featured articles. The first article, titled "Where to use the \$2.00 Pampers Coupon!", includes an image of a Pampers wipe pack and a "Read More" button. The second article, "My Albertsons Dairy Scenarios: Time to Stock up on Butter!", includes an image of a butter tub and a "Read More" button. On the right side, there is a "Receive Updates By Email" section with a "Subscribe" link, a list of categories (About, Coupons, Stores, Categories), an email address input field, a "Submit" button, and a Twitter social media link showing "1,723 Followers" and "4 Readers". A pink callout box with the text "Sign up for the email updates" is overlaid on the email sign-up area.

the Krazy
COUPON LADY

Pick Another CHECKOUT LANE, honey

Home • Crazy This Week • Beginners • Print Coupons • Retail Therapy • Freebies • Catalinas • Bragging Lounge • Book • Contact

Find My Store ▾ Albertsons • CVS • Rite Aid • Safeway • Target • Walgreens • Walmart

Enter Keyword... Search

That's so Krazy « Prev 1 2 3 4 5 Next »

Subscribe About Coupons Stores Categories

Receive Updates By Email

Email Address Submit

Twitter 1,723 Followers 4 Readers

Sign up for the email updates

Here is an example scenario you would find on TheKrazyCouponLady.com

General Mills Cereal, selected varieties 8.9 oz. to 14.25 oz \$1.49, when you buy 4

\$1.00/1 – Cheerios, Original – (cheerios.com) (this coupon IS still active. It comes via email and it takes a day or so to receive)

\$1.00/2 – General Mills – (bricks.coupons.com)

\$1.00/2 – General Mills Cereal – (coupons.com)

\$1.00/2 – General Mills Cereal – (wholegrainnation.com)

\$1.50/2 – General Mills, Kids Cereal – (bricks.coupons.com)

Final Price: as low as \$0.49 for cheerios

Eggo Waffles \$1.69

\$1.00/1 – Kellogg's Eggo Frozen Item – (coupons.com)

Final Price: \$0.69

Tropicana Trop 50 Juice, 59 oz. \$3.00

\$1.00/1 – Tropicana Trop 50 – (redplum.com)

Final Price: \$2.00

Dreyer's Dibs \$4.49

\$1.00/1 – Dibs 140 Bites Value Pack – (coupons.com)

Final Price: \$3.49

Notice she is using
printable coupons
that you can click &
print.

Coupon Lists – Frugal Find

SEARCH

Search

Reset

MATCH

all these words ▾

[LINK TO SEARCH](#)

[ADVANCED SEARCH](#)

3413 Coupons Found | Page 1 of 114 | « First ‹ Prev – Next › Last »

[Change to Expanded View](#)

Report	Description	Value	Expiration	Source	Limitations	Store	Blogging Format
	2000 Flushes Automatic Toilet Bowl Cleaner	\$0.55/1	7/31/10	SS 04/11/10			\$0.55/1 2000 Flushes Toilet Bowl Cleaner, exp. 7-31 (SS 4/11/10)
	2000 Flushes Automatic Toilet Bowl Cleaner	\$1/1	7/31/10	SS 04/11/10			\$1/1 2000 Flushes Toilet Bowl Cleaner, exp. 7-31-10 (SS 04/11/10)
	2000 Flushes Automatic Toilet Bowl Cleaner	\$1/1	8/31/10	ALL YOU June '10			\$1/1 2000 Flushes Toilet Bowl Cleaner, exp. 8-31 (ALL YOU June '10)
	3 Musketeers Truffle Crisp, Mint or Original	\$0.25/1	6/16/10	RP 05/16/10			\$0.25/1 Select 3 Musketeers Products, exp. 6-16-10 (RP 05/16/10)

Buy \$20+ of any 3M Permanent Label

Coupon Lists

Coupons Things By Dede

*04-11-10 RedPlum

Maximum Order Quantity (Per 7 days): **200**

This unclipped insert features:

- 9Lives dry cat food, 3.15 lbs or larger~\$1.00/1~6/15
- 9Lives wet cat food, One (1) 12-can variety pack, 12 individual cans, or Three (3) 4-packs~\$1.00/1~6/15
- Del Monte No Sugar Added Canned Fruit (14.5-15 oz)~\$1.00/2~7/4
- Del Monte No Sugar Added Fruit Cups 4-pack~\$1.50/2~7/4
- Garnier Fructis Shampoo, Conditioner, or Treatment (Excluding Trial Size)~\$1.00/1~5/15
- Garnier Fructis Style Product (Excluding Trial Size)~\$1.00/1~5/15
- Jimmy Dean D-Lights Bowls -DNDS -DNT5~\$1.00/2~6/30
- Jimmy Dean D-Lights Sandwich -DNDS -DNT5~\$1.00/1~6/30
- Jimmy Dean Fully Cooked Sausage product -DNDS -DNT5~\$1.00/1~6/30
- Kellogg's Cereals: Froot Loops, Apple Jacks, Corn Pops, or Frosted Flakes, 10 oz or larger~\$1.00/3~5/23
- Kellogg's Cereals: Rice Krispies, Raisin Bran, Corn Flakes, All-Bran, Crispix, or Smart Start Cereals (11.4 oz or larger)~\$1.00/2~5/23
- Kellogg's Frosted Mini-Wheats Cereals (14.5 oz or larger)~\$1.00/2~5/23
- Kibbles 'n Bits brand dry dog food, 16 lbs or larger~\$2.00/1~4/30
- Kibbles 'n Bits brand dry dog food, 8 lbs or smaller~\$1.00/1~4/30
- Nestle Pure Life Purified Water Multi-Pack (20-Pack or larger)~\$1.00/2~5/23
- Reach Kids Toothbrush or Listerine Smart Rinse Anticavity Mouthwash or Listerine Agent Cool Blue Tinting Rinse 500 mL~\$1.00/1~12/31
- Reach Toothbrush and/or Reach Floss and/or Reach Access Flosser and/or Listerine Antiseptic Mouthwash 1L or larger~\$1.50/2~12/31
- Reach Toothbrush and Reach Floss and Reach Access Flosser and/or Listerine Antiseptic Mouthwash 1L or larger~\$3.00/3~12/31
- Reach Toothbrush or Reach Floss or Reach Access Flosser and/or Listerine Antiseptic Mouthwash 1L or larger~\$0.50/1~12/31
- Scotties facial tissues any Five (5) boxes or Two (2) packs~\$1.00/1~5/23
- Scrubbing Bubbles Toilet Cleaning Gel, Buy One (1) Starter Kit Free (up to \$6.10)~\$1.00/1~2~6/6
- Slim Fast Shake Multi-Pack or Shake Mix~\$1.50/1~5/23
- Vaseline Sheer Infusion Lotion Product (6.8 oz or 13.5 oz)~\$3.75/1~5/9
- Zytec, Benadryl, Visine, Sudafed PE, or Tylenol Sinus any of these family of products~\$5.00/2~7/31

Handling Fee: **\$0.50**

You'll earn **10 points 102 in stock!**

Qty Add

Also use this list to determine the last expiration date of your insert when putting it in your accordion.

You can see that you can buy the whole unclipped inserts here too.

+ more...

more info

*03-28-10 SmartSource 2

Maximum Order Quantity (Per 7 days): **200**

This unclipped insert features:

- Betty Crocker Box Muffin Mix or Fiber One Box Muffin Mix~\$0.50/1~5/22
- Betty Crocker Cake Mix and Frosting~\$0.75/2~5/22
- Betty Crocker Cookie Mix, 17.5 oz or larger~\$0.40/1~5/22
- Betty Crocker Warm Delights Bowls or Warm Delights Minis Bowl~\$0.75/1~5/22
- BIC Disposable shaver~\$2.00/1~5/9
- Big Red (or Big Blue where available) Two 2-liters of Regular or Diet Free with purchase of any Two (2) dozen Eggs (up to \$1.29) -DNDS~\$2G1/3~4/11
- Biz Liquid~\$3.00/1~5/23
- Chinet Napkins~\$0.75/1~6/30
- Green Giant Valley Fresh Steamers frozen vegetables~\$0.40/1~5/22
- Halls drops bags (20 ct or larger)~\$1.00/1~5/30
- Healthy Choice Frozen Meals~\$1.00/2~5/31
- Kool-Aid Fun Fizz product~\$1.00/1~4/25
- Land O Lakes Half & Half, 16 oz -DNDS~\$0.45/1~4/30
- Palmolive Liquid Dish Soap (20/25 oz.)~\$0.50/1~4/17
- Parkay products~\$0.75/2~5/15
- Pillsbury Crescent Dinner Rolls~\$0.40/2~6/19
- Reddi-wip~\$0.50/1~5/15

Handling Fee: **\$0.60**

You'll earn **12 points 223 in stock!**

Qty Add



I guess I was not
the only one aware
of the sale!

- If the sale item you want is not in stock, ask the cashier for a raincheck. Bring the ad shopping with you for this purpose.
- Good on sales – NOT Register Rewards or Rebates that must have a receipt date by a given date.
- Some stores will give you rain checks without an expiration date! RiteAid expires in 30 days
- Rain checks are a great strategy to use because it gives you extra time to get more coupons. If you get a rain check for an item you want to stock up on go to a coupon clipping service to order more.



A Sample Catalina Scenario

- **TRANSACTION 1**

- **Buy 4 Darigold Sour Cream \$1.89**

Use (2) B1G1 FREE Darigold Sour Cream from SS 3/28

- **Buy 1 Land O Lakes Spreadable Butter \$1.29**

\$0.75/1 Land O Lakes Butter with Olive Oil, any from SS 4/11

- **Pay \$4.32 after coupons, Receive a \$5 Catalina**

TRANSACTION 2

Buy 5 Land O Lakes Spreadable Butter \$1.29

Use (5) \$0.75/1 Land O Lakes Butter with Olive Oil, any from SS 4/11

Pay \$2.70, Receive a \$5 Catalina

TRANSACTION 3

Buy 3 Kraft Jello Gelatin \$3.49

Buy 2 Minute Maid Orange Juice \$3.99

[Use 2 \\$1.50/1 – Minute Maid- \(coupons.com\)](#)

Use coupons and (2) \$5.00 Catalina

Pay \$5.45 after coupons, Receive \$5.00 Catalina





B1G1 / BOGO Doubling Scenario



Buy 4 Ziploc Slider Bags Sale Price \$2.50 each.

Use 2 B1G1 Ziploc Slider Bags from SS 4/11

Use 1 \$1.00/2 Ziploc Bags from SS 5/16

Use a Coupon Doubling up to \$1.00 in Albertsons Ad



Save \$1 on these 2

Get these 2 FREE

$$\begin{aligned}
 &= \$10.00 \\
 &- \$5.00 \\
 &- \$1.00 \\
 &- \underline{\$1.00} \\
 &\quad \underline{\$3.00}
 \end{aligned}$$

Save another \$1.00 on these 2

\$0.75 each or 70% Savings

Pharmacies

- Often Pharmacies advertise a FREE product after Rebate or reward dollars. There is usually a limit though. B1G1!

Example at right: Pay \$2.99 for Old Spice Body Wash and receive \$2.99 rebate. I used a B1G1 Free coupon also to get a 2nd one for free also!

Rolling Up+\$ vs. Non-Rolling RR



Register Rewards vs. Up \$ & Single Check Rebates

A moneymaker is defined as a transaction where your out of pocket total is less than the total of your Extra Bucks (or sometimes rebates).

Sale Price \$2.88
 MFG Cpn \$1.00
Extra Bucks \$2.00
 Make: \$0.22

Pharmacy Example (Walgreens) 6/7th

Item	Sale Price	Register Reward	Coupons	Total Paid
Cascade	\$3.99	\$1.00	\$1.00	\$1.99
Gillette Fusion Razor	\$9.89	\$5.00	\$4.00	\$0.89
3 Musketeers	\$0.89		\$0.25 + \$0.49 Ad	\$0.24
Blue Diamond Almonds (4 jars)	\$13.96		\$2.00 + (\$6.98) BIGI sale	\$4.98
Dawn dishwasher soap	\$1.99		\$1.00 + \$0.99 in ad cpn	FREE
Sudafed PE (3)	\$25.47		\$6.50 + \$9 in ad cpn	\$9.97
John Frieda Haircare (3)	\$15.00	\$5.00	\$5.00/2 & \$3.00/1	\$2.00
TOTALS	\$71.19	\$11.00	\$40.21	\$19.98

72 % OFF

Money Makers



Buy 5 Land O Lakes Spreadable Butter (\$1.39)	\$6.95
Use 5 \$0.75/1 Cpn from SS 4/11	-\$3.75
Use 3 Doublers \$1 each	-\$3.00
<hr/>	
Pay	\$0.20

Receive a \$5 Catalina - \$4.80 MONEYSMAKER!

Buy 5 Dannon Danimals Crush Cups (\$2.00)	\$10.00
Use 5 \$1/1 Cpn from SS 6/6	-\$5.00
Use 3 Doublers \$1 each	-\$3.00
<hr/>	
Pay	\$2.00

Receive a \$5 Catalina - \$3.00 MONEYSMAKER



These deals were in the email from TheKrazyCouponLady.com



Yogurt Madness



- 15 Danimals Yogurt (4 pack) (\$2.79 each) \$41.85
- 15 Activa Yogurt (4 pack) (\$3.29 each) \$49.35
- Subtotal \$91.20
- Sale on Danimals Yogurt (\$0.79 off each) - \$11.85
- Sale on Activa Yogurt (\$1.29 off each) - \$19.35
- 30 MFG Cpns (\$1/1 – paid \$4.30 to buy 30 cpns) - \$25.70
- 3 Albertson’s double coupons (\$1/1) - \$3.00
- Catalina (\$5 cpn when purchase of 5 items) - \$30.00
- **Total \$1.30**

Details of Yogurt Madness

- Put them through in groups of 5 + 1 filler item
- Used the \$5 catalina from 1 transaction to pay the next transaction
- The filler item did double duty:
 - changed the amount due on each transaction so each was a different total.
 - Made sure I had 6 items b/c using 5 MFG cpn + the \$5 catalina = 6 MFGs.
 - **This is still going on through the end of the month at Albertsons. You can buy the \$1/1 coupons.**

Loading Coupons



- You can load coupons on your shoppers card for Safeway with Cellfire.com, Shortcuts.com, and Upromise.com
- You can use a MFG coupon with loaded coupon.
- **For Example (week of 6/15) Buy 2 Yoplait Fiber One 4 pack \$2.00 each**

– Use 2 [\\$1.00/1 – Yoplait Fiber One Yogurt Multipack – \(coupons.com\)](#)

– **And Load** [\\$1.00/1 – Yoplait Fiber One Multipack, eCoupon – \(cellfire.com\)](#)

And Load [\\$1.00/1 – Yoplait Fiber One Multipack, eCoupon – \(shortcuts.com\)](#)

– **Final Price: Free**



Deals Going on Right Now via Weekly Circulars

- Rite Aid (Page 5)
 - Motrin PM \$3 - \$3 Up\$
- Walgreens (Last Page)
 - Gillette / Old Spice Body Wash \$4.49 - \$4.49 in RR
 - Renu Multipurpose Solution \$7.49 - \$7.49 in RR



Save with Register Rewards!

Gillette or Old Spice Body Wash 10 to 16 oz.

REGISTER REWARDS**

Our Price	4 ⁴⁹
REGISTER REWARDS*	4⁴⁹
Good on Next Purchase	
Like Getting Purchase	FREE

Bausch + Lomb Re-nu Multipurpose Solution 12 oz. Sensitive.

REGISTER REWARDS**

Sale Price	7 ⁴⁹
REGISTER REWARDS*	7⁴⁹
Good on Next Purchase	
Like Getting Purchase	FREE

Renu.com has this window where you can get a \$2 coupon on Renu Sensstive Multipurpose Solution & make it a \$2 MoneyMaker!

Get a Coupon

— | save | —

\$2.00

on your next purchase of
renu® multi-purpose solution

Get a coupon ▶

Deals Going On Right Now via KrazyCouponLady.com (Safeway)

Deal Ideas and Transaction Scenarios!

Transaction 1

Buy 2 Kellogg's Cereals \$1.99

Buy 2 Pop Tarts \$1.99

Use [\\$1.00/2 - Kellogg's Cereal - \(coupons.com\)](#)

And use [\\$1.00/2 - Kellogg's Pop Tarts, 8 ct or larger - \(kelloggs.com\)](#)

Final Price: \$5.96, or \$1.49 each, receive Milk Catalina

Transaction 2

Buy 4 Kellogg's Cereals \$1.99

Buy 1 Gallon Milk (up to \$4)

Use 2 [\\$1.00/2 - Kellogg's Cereal - \(coupons.com\)](#)

Final Price: \$5.96, or \$1.19 each, plus receive another Milk Catalina

To calculate whether this is a stock up price for you, take the price you spend on a gallon of milk and deduct it from \$5.96, price per box of cereal price. This will give you an honest representation of what you're paying.

Transaction 3

Buy 2 Special K Granola \$2.99

Buy 2 Rice Krispie Treats \$1.99

Buy 1 Gallon Milk (up to \$4)

Use 2 [\\$1.00/1 - Rice Krispy Treats 8-ct or larger - \(snackpicks.com\)](#)

And use 2 [\\$1.00/1 - Kellogg's Special K Low Fat Granola Cereal - \(specialk.com\)](#)

Final Price: \$5.96, or \$1.19 per item, plus receive another Milk Catalina

Transaction 4

Buy 1 Gallon Milk

Use 1 Free Milk Catalina Coupon

Final Price: Free

Deals Going On Right Now via CouponMom.com (RiteAid)

Cpn. Out ▲▼	Description ▲▼	Cpn. Value	Qty.	Sale Price ▲▼	Final Price ▲▼	% Saved ▲
<input type="checkbox"/> 04-18 RP	Motrin PM 20ct, Free after \$3 Up Rewards (limit 1 per transaction) earn \$3 using newspaper cpn –cpn expires 6/24--Charity!!	\$3.00	1	\$0.00	FREE	100%
<input type="checkbox"/> 04-25 S	Hersheys Single Serve Candy Bars, buy one get one free (est price) cpn for Hershey Bliss Bar 1.3 oz and assumes two cpns	\$0.55	2	\$0.45	FREE	100%
<input type="checkbox"/> 06-06 S	Colgate Total Advanced Toothpaste 5.8 oz, Total 78 oz, Max White or Max Fresh 6 oz, final price is after \$2 Up Rewards (limit 1 Colgate Up Reward per transaction) and newspaper cpn –cpn for specific types of toothpaste--Charity!!!	\$1.00	1	\$0.99	FREE	100%
<input type="checkbox"/> 06-13 S	Colgate Pro Clinical Toothpaste 4 oz, final price is after \$2 Up Rewards (limit 1 Colgate Up Reward per transaction) and newspaper cpn--Charity!!!!	\$1.00	1	\$0.99	FREE	100%
<input type="checkbox"/> 06-06 PG	Gillette ProGlide Power or Manual Razor, final price is after \$5 mail in rebate and newspaper cpn--limit 1 rebate	\$4.00	1	\$4.99	\$0.99	90%
<input type="checkbox"/> 06-20 S	Air Wick Mini Freshmatic Starter Kit 50% off (est price) Check Grocery Coupon Database for more coupons	\$4.00	1	\$5.00	\$1.00	90%
<input type="checkbox"/> 06-20 S	Air Wick Fresh Matic Kits 50% off (est price)	\$4.00	1	\$5.50	\$1.50	86%
<input type="checkbox"/> 06-20 S	Air Wick Ultra iMotion Kit 50% off (est price)	\$4.00	1	\$6.00	\$2.00	83%
<input type="checkbox"/> 05-23 S	Mentos Gum 14-15 pieces	\$0.55	1	\$1.00	\$0.45	73%

[Get new electronic coupons from Cellfire!](#)

Save coupons directly to your grocery club card and watch the savings come off at check out. No printing, no clipping, no forgetting.

<input type="checkbox"/> 06-06 PG	Clairol Nice N Easy Hair Color, final price is after \$2.00 Up Reward, \$2.50 in ad coupon and newspaper cpn	\$1.00	1	\$2.99	\$1.99	73%
<input type="checkbox"/> 05-16 S	Kotex Maxi Pads 14-24ct, Pantliners 42-62ct or Security Tampons 18ct, U buy Kotex Ultra Thin Pads 14-18ct, Click Tampons 18ct or liners 50-60ct, final price is after \$3 mail in rebate on two and newspaper cpns (cpn shown for pads)--limit 1 rebate	\$2.00	2	\$2.00	\$1.00	71%

Deals Going On Rite Now Via CouponMom.com (Walgreens)

Cpn. Out ▲▼	Description ▲▼	Cpn. Value	Qty.	Sale Price ▲▼	Final Price ▲▼	% Saved ▲ ▼
<input type="checkbox"/> 03-07 S	Bausch & Lomb Renu Sensitive Solution 12 oz, FREE after \$7.49 Register Rewards (cpn is for \$1.00 Off 1) -- charity!	\$1.00	1	\$0.00	FREE	100%
<input type="checkbox"/> 06-06 PG	Gillette Body Wash 10-18 oz, FREE after \$4.49 Register Rewards (cpn is for Buy 1 Get 1 Free -- or use Reward on Old Spice) -- charity!	N/A	2	\$0.00	FREE	100%
<input type="checkbox"/> 06-06 PG	Old Spice Body Wash 10-18 oz, FREE after \$4.49 Register Rewards (cpn is for Buy 1 Get 1 Free -- insert has additional cpns -- or use Reward on Gillette) -- charity! Check Grocery Coupon Database for more coupons	N/A	2	\$0.00	FREE	100%
<input type="checkbox"/> 05-16 RP	Clairol Herbal Essences Hair Care 6-14 oz, Buy 1 Get \$2 Register Rewards (final price reflects savings -- or use Reward on Aussie) -- charity!	\$1.00	1	\$0.99	FREE	100%
<input type="checkbox"/> 06-06 PG	Gillette Fusion ProGlide Razor, Buy 1 Get \$5 Register Rewards (final price reflects savings)	\$4.00	1	\$4.89	\$0.89	91%
<input type="checkbox"/> N/A	RepHresh Brilliant ph Tampons 18 ct, Buy 1 Get \$5 Register Rewards (final price reflects savings)	N/A	1	\$0.99	\$0.99	83%
<input type="checkbox"/> 04-25 S	Schiff Supplements 60-150 ct, Buy 1 Get 1 Free (cpn is for Move Free 80 ct or larger -- estimated price of one variety)	\$5.00	2	\$10.00	\$5.00	75%
<input type="checkbox"/> 06-06 S	Lysol Toilet Bowl Cleaner 16 oz, Buy 1 Get 1 Free	\$1.00	2	\$1.50	\$1.00	67%
<input type="checkbox"/> 06-06 S	Kraft Jello Mix 1 ct, In Ad Coupon (limit 4)	\$0.50	2	\$0.50	\$0.25	67%

[Get new electronic coupons from Cellfire!](#)

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<input type="checkbox"/> 05-16 RP	Aussie Hair Care 6-14 oz, Buy 1 Get \$2 Register Rewards (cpn is for Buy 1 Shampoo or Conditioner Get \$2.00 Off 1 Styler -- final price reflects savings -- or use Reward on Clairol)	N/A	1	\$0.99	\$0.99	67%
<input type="checkbox"/> 05-16 S	Nabisco Crackers 4-8 oz	\$1.00	2	\$1.00	\$0.50	66%

Deals Going On Right Now Via TheKrazyCouponLady.com (Safeway)

Buy 3 Kraft Salad Dressing, 14-16 oz \$1.49

Use 3 \$1.00/1 Kraft Dressing from SS 6/20 (available for purchase \$0.12 each here)

Pay: \$1.47, Receive \$3.00 Catalina

🏠 Final Price: \$1.53 Moneymaker!

Buy 3 Kraft Salad Dressing, 14-16 oz \$1.49

Or Use 3 \$0.55/1 – Kraft Dressing – (bricks.coupons.com)

or use 3 \$0.55/1 Kraft Dressing from SS 5/2

Pay: \$2.82, Receive \$3.00 Catalina

🏠 Final Price: \$0.18 Moneymaker!



Deals Going On Right Now Via TheKrazyCouponLady (Safeway)



This Saturday and Sunday Only, you can get Pepperidge Farm Goldfish at Safeway (or any Safeway affiliate store, including Vons, Randall's, Dominic's, Guenardi's, Tom Thum and Carrs) for a great price! If you're only buying one bag, you can actually get paid to buy them! (Purchase other items and the \$0.17 Money you earned will go toward those other items. Your cashier will not hand you cash.)

Weekend Only Sale: |Pepperidge Farm Goldfish, Limit 10 \$0.88

Buy 1 Pepperidge Farm Goldfish \$0.88

Use 1 [\\$0.50/1 - Pepperidge Farm Original, Pretzel, Baby, Pizza or Parmesan - \(campbellskitchen.com\)](#)

And Load [\\$0.55/1 - Goldfish Pretzel, Parmesan or Pizza, eCoupon - \(shortcuts.com\)](#)

Final Price: \$0.17 Moneymaker!

Buy 2 Pepperidge Farm Goldfish \$0.88

Use 2 [\\$0.50/1 - Pepperidge Farm Original, Pretzel, Baby, Pizza or Parmesan - \(campbellskitchen.com\)](#)

And Load [\\$0.55/1 - Goldfish Pretzel, Parmesan or Pizza, eCoupon - \(shortcuts.com\)](#)

Final Price: \$0.10 each, when you buy 2

Buy 1 Pepperidge Farm Gold Fish Grahams \$0.88

Load [\\$0.75/1 - Gold Fish Grahams, eCoupon - \(shortcuts.com\)](#)

Final Price: \$0.13

Deals Going On Right Now Via TheKrazyCouponLady (Albertsons)

General Mills Instant Promo

- Buy 4, Save \$4 Instantly

**3 Twice the Value Double Coupons coming
in this Sundays paper!**

General Mills Cereal \$2.49

Cheerios, 8.9 oz, Trix, 10.7 oz, Cinnamon Toast Crunch, 12.8 oz, Cocoa Puffs, 11.8 oz, Golden Grahams, 12 oz

\$1.00/2 – General Mills – (bricks.coupons.com)

\$1.00/2 – General Mills Cereal – (coupons.com)

\$1.00/2 – General Mills Cereal – (wholegrainnation.com)

\$1.50/2 – General Mills, Kids Cereal – (bricks.coupons.com)

\$0.50/1 General Mills Original Cheerios cereal box from SS 5/9

\$1.00/2 General Mills Cereal from SS 5/30, 6/6

Final Price: As low as \$0.74

4 boxes cereal (\$2.49 each)	\$9.96
GM Instant Promo	-\$4.00
2 \$1/2 Cpens	-\$2.00
2 Twice the Value	-\$2.00
Final Price for 4 boxes	\$1.96

Buy 4 Betty Crocker Fruit Snacks- Gushers, Roll-ups, Fruit by the Foot \$2.49

Buy 5, Receive a \$2.50 Catalina (NOT BC SHAPES)

Use 2: \$0.50/2 – Betty Crocker Fruit by the Foot, Gushers, Fruit Roll Ups – (coupons.com)

\$0.50/2 – Betty Crocker Fruit by the Foot, Gushers, Fruit Roll Ups – (smartsources.com)

Pay \$4.96, Receive a \$2.50 Catalina

Final price: \$0.62 each after Catalina Savings

Deals Going On Right Now Via CouponMom.com Target

N/A	Scrubbing Bubbles Vanish Dropins Toilet Bowl Cleaner--final price is after printable Target coupon, buy one get one free (printable manufacturers coupon on Coupons.com is buy one get one free) Print Coupons.com coupon	N/A	2	\$0.00	FREE	100%
06-06 PG	Pampers Baby Wipes 72ct--Charity!!!	\$2.00	1	\$2.39	\$0.39	87%
06-06 S	Glade Fabric & Air Odor Eliminator Spray 22oz, final price is after \$2 printable Target coupon Print Coupons.com coupon	\$1.00	1	\$1.49	\$0.49	86%
06-06 RP	Johnsons Baby Lotion 9 oz, final price is after \$.75 off 2 printable Target coupons and two newspaper cpn Check Grocery Coupon Database for more coupons	\$1.00	2	\$1.60	\$0.60	70%
06-13 S	Dentyne Gum 3 pack	\$1.00	1	\$1.79	\$0.79	69%
05-16 S	Ziploc Containers, final price is after \$1 printable Target coupon and newspaper cpn Check Grocery Coupon Database for more coupons	\$0.55	1	\$1.27	\$0.72	68%
05-16 S	Stride Mega Mystery Gum 3 pack--cpn is for a FREE Stride Shift Gum with any pack	\$2.00	1	\$2.00	\$1.00	67%
05-16 RP	Gillette Clinical Strength Deodorant 1.7oz, final price is after Free \$5 Target Gift Card with the purchase of 3 select PG items and three newspaper cpns	\$3.00	1	\$5.84	\$2.84	62%
06-06 PG	Old Spice 10-23.6 oz body wash select, Cpn is buy one get one free--buy 3 select P&G items and get a FREE \$5 Target Gift Card Check Grocery Coupon Database for more coupons	\$3.99	2	\$3.99	\$2.00	59%

[Get new electronic coupons from Cellfire!](#)

Save coupons directly to your grocery club card and watch the savings come off at check out. No printing, no clipping, no forgetting.

05-02 PG	Old Spice 10-23.6 oz body wash select, Cpn is buy one get one free--buy 3 select P&G items and get a FREE \$5 Target Gift Card Check Grocery Coupon Database for more coupons	\$3.99	2	\$3.99	\$2.00	59%
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Deals Going On Right Now Via CouponMom.com WalMart

03-07 RP	Reach Floss 55 yd (see 1/3 R1 for \$1.00 Off 1 cpn) -- charity!	\$1.00	1	\$0.97	FREE	100%
05-16 RP	Reach Floss 55 yd -- charity!	\$1.00	1	\$0.97	FREE	100%
06-06 PG	Pampers Wipes 60-72 ct	\$2.00	1	\$1.97	FREE	100%
04-25 S	Carefree Liners 22 ct -- charity!	\$1.00	1	\$1.00	FREE	100%
05-02 S	Purina Kitten Chow 16-18 oz (cpn is for 1 FREE) -- charity!	N/A	1	\$0.00	FREE	100%
06-06 RP	Roloids 18 ct (regular price \$2.23 -- cpn is for \$4.00 Off 2)	N/A	2	\$0.23	\$0.23	90%
04-25 S	Hersheys Bliss Chocolate Bar 1.3 oz	\$0.55	1	\$0.64	\$0.09	86%
06-20 S	Air Wick Scented Oil i-Motion Starter Kit	\$4.00	1	\$5.00	\$1.00	80%
06-20 S	Air Wick Freshmatic Compact i-Motion Starter Kit (additional cpn in database expires 6/27) Check Grocery Coupon Database for more coupons	\$4.00	1	\$5.00	\$1.00	80%

Get new electronic coupons from Cellfire!

Save coupons directly to your grocery club card and watch the savings come off at check out. No printing, no clipping, no forgetting.

06-13 S	Schick Hydro 3 Razor	\$5.00	1	\$6.47	\$1.47	77%
05-02 RP	Nivea For Men Body Wash 16.9 oz (see 4/25 RP for \$1.00 Off 1 cpn)	\$3.00	1	\$3.97	\$0.97	76%
06-06 S	Hartz Crunch N Clean Cat Treats 3 oz Check Grocery Coupon Database for more coupons	\$1.50	1	\$2.00	\$0.50	75%
06-06 RP	Tucks 12 ct (regular price \$2.74 -- cpn is for \$4.00 Off 2)	N/A	2	\$0.74	\$0.74	73%

Website Links at DinnerIsInTheJar.com

Dinner Is In The Jar

What Food Storage Dinners *Should* Be

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Below are great websites for saving money:

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4. On Line Printable Coupons

Summaries of Weekly Sales & Coupon Matchups

CouponMom	A great website showing coupons matched up with the weekly sales
TheKrazyCouponLady	A great website showing coupons matched up with the weekly sales
GrocerySmart	Another really good website showing coupons matched up with the weekly sales. Use passport code g83r01 for Idaho
Find	A great website that has both sale/coupon matchups and a list of all of the weekly coupons in searchable format
Discount Queen	A great website showing coupons matched up with the weekly sales
Coupon Coupon	

- One of the things parents can do to avoid debt is to teach their children to live within the family's means. Gordon B. Hinckley, "To the Boys and to the Men," *Ensign*, Nov. 1998, 51–54



President Harold B. Lee taught, "Not only should we teach men to get out of debt but we should teach them likewise to stay out of debt." Joseph B. Wirthlin, "Earthly Debts, Heavenly Debts," *Liahona*, May 2004, 40–43