Welcome
Extreme Couponing is..

LOTS OF COUPONS + KNOWING WHEN TO BUY + BUYING IN MULTIPLES

EXTREME COUPONING
My Coupon Strategy
Things couponers never pay for

- Razors
- Toothbrush
- Toothpaste
- Shampoo/Conditioner
- Dental Floss
- Deodorant
- Pasta
- Nail Polish
- Cosmetics
- Bodywash/Soap
A Different Mindset

To save big, you need to change the way you shop.
All FREE
What will we talk about?

- Couponing 101
- Coupon Organization
- Stockpiling
4 Ways to get Free Stuff

- Coupons
- Rebates
- Store Reward Programs
- Overage
Where to find coupons

- Sunday Coupon Inserts
- Online Coupon Websites
- Company Websites
- Social Networking Sites
- Online Coupon Clippers
- In store (Hangtags, Blinkies, Peelies & Tearpads)
- Digital & Mobile coupons
Sunday Coupon Inserts

- Redplum, SmartSource, P&G & GM
- Vary by Region
- Keep the entire insert
- Not usually inserts on holiday weeks
Print Coupons Online

- Coupons.com
- Redplum.com
- SmartSource.com
- Hopster.com

Remember, coupons are the only money you can print from home ;)}
Printing Tips

• Change Zip codes to find new coupons
• Print 3 per page
• Hit the back space 3x to get another print
• Can print in black & white
Never Photocopy a coupon

Each coupon prints with a time and date stamp along with your IP address.
Company Websites
Social Media

Become a Fan of:

- Deal Bloggers
- Stores you shop at
- Brands you use
In-Store Coupons

- Power Through: Buy 5 & Save $1 on 32 fl oz bottles of Powerade or Powerade Zero.
- CREAM WHEAT: Save $2.00 on Healthy Grain.
- Diet Coke: Save $1 when you buy two 12-packs of any Coca-Cola product.
- Cheetos: Take one free.
Catalina Coupons

**Gerber Coupons**

- **Nourishing Generation Healthy**
  - **SAVE $1.75**
  - on any (6) Gerber® 2nd Foods® Baby Food
  - Flavor variety from blended fruits, vegetables and dinners

**Shaw's**

Not Subject to Doubling

**Target Coupons**

- **$10 off**
  - Nicorette or NicoDerm CQ
  - smoking cessation item
  - Excludes trial/travel size

For savings delivered directly to your phone, text COUPONS to TARGET (827438).
Buy Coupons Online

- WholeCouponInserts.com
- SavingMyFamilyMoney.com
- Mycouponfairy.org
- Klip2Save.com
- WizClipz
Why Buy Coupons Online?

Nivea Regular Price $3.00
20x $3.00 = $60

Cost of 20 Nivea Coupons online: $3.75

Total Savings of $56.26
Mobile & Digital
Ibotta

- Download app & sign up for an account
- Browse coupons
- Purchase items from participating stores
- Upload receipt or use store loyalty card
- Money is deposited into account

1. Download App in the Apple App Store or Google Play & find coupons in Ibotta Mobile App
2. Complete tasks to get coupon (Ex. Survey, Social Share, Quiz)
3. Purchase item at a participating Ibotta Store
4. Upload receipt to the Ibotta App using your phone’s camera
5. Cash out via Paypal or Gift Cards once your total gets to $5.00
Checkout 51

- Download app and sign up for an account
- Browse coupons
- Purchase items
- Upload receipt
- Money is deposited into account

1. Download the Checkout 51 App for iPhone or Android

2. View Coupons in app
   (Coupons are updated weekly on Thursdays)

3. Purchase item at any retailer

4. Upload your receipt to the Checkout 51 mobile app after purchase is complete

5. Funds will be available in your account within 48-72 hours. Request a check when your balance reaches $20.00.
SavingStar

• Sign up for an account
• Add Story loyalty cards
• ‘Clip’ Coupons onto your card
• Money is deposited into your SavingStar account.

1. Sign up for a SavingStar.com account and input your store loyalty card numbers

2. Load SavingStar coupons onto your store loyalty card

3. Purchase item at a participating SavingStar retailer using your store loyalty card.

4. Savings will be deposited into your SavingStar account within 2-22 days.

5. Cash out via Paypal or Gift Cards once your total gets to $5.00
Pro Tip: Use a coupon database to search for specific coupons
How to use coupons

- Use them as intended
- Check brand, size & quantity
- Buy what you need & buy many
- Don’t clear the shelf
# Coupon Verbiage

<table>
<thead>
<tr>
<th>Coupon Verbiage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>One per purchase</td>
<td>You may use one coupon per item you are purchasing.</td>
</tr>
<tr>
<td>One per transaction</td>
<td>You may only use one of those coupons per transaction.</td>
</tr>
<tr>
<td>Do not Double</td>
<td>Retailer is not to double these coupons.</td>
</tr>
<tr>
<td>One per Person</td>
<td>You may only use one coupon per person.</td>
</tr>
<tr>
<td>4 Like Coupons per transaction</td>
<td>You may only use 4 of the same coupons in a transaction.</td>
</tr>
</tbody>
</table>
Smallest Size

$1.19 1lb. Bag
.50/1 Carolina Coupon
Doubled!
$0.19 for 1lb

$2.89 3 lb. Bag
.50/1 Carolina Coupon
Doubled!
$1.89 for 3lb

If your grocery store doubles you could buy 10 1 lbs bags to equal 1 3lb bag!
B1G1 Coupons

- Use a B1G1 FREE coupon on a B1G1 FREE Store Sale & get both items for FREE
- Some stores allow you to use a $ off coupon with a B1G1 Coupon
- Some stores will allow you to use (2) $ off coupons on a B1G1 sale
Coupon Stacking is when you combine a store, mobile or digital coupon with a manufacturers coupon.
Target Deal:

Buy (1) Garnier Olia Hair Color $7.99
Use (1) $3.50 off Garnier Coupon from Sunday Paper
Stack with (1) $1.50 off Garnier Hair Color Target Coupon
Final Price = $2.99
# Coupon Stacking Sheet

<table>
<thead>
<tr>
<th></th>
<th>Manu</th>
<th>Store</th>
<th>SavingStar</th>
<th>Ibotta/Checkout</th>
<th>Target Mobile</th>
<th>Target Checkout</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Store</strong></td>
<td>Yes</td>
<td>X</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>SavingStar</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>X</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td><strong>Ibotta/Checkout</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Target Mobile</strong></td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>X</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Target Cartwheel</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>X</td>
</tr>
</tbody>
</table>
Overage Explained

When the item you are purchasing is less than the coupons being used

Buy (2) Schick Razors $1.97
Use (1) $6/2 Schick Razors printable coupon
Final Price = $2.06 Overage
Grocery Savings

- Use Coupons
- Shop Sales
- Look for Stock Up Opportunities
- Sales Cycles
- Clearance
Sales Flyers

Pro Tip: The best deals will usually be on the front & back covers!
Sales Cycles

Jan
- Diet Foods
- SuperBowl Foods
- Christmas clearance
- Medicines

Feb
- Canned Foods
- Breakfast Foods
- Valentines clearance

Mar
- Frozen Foods
- Easter/St. Patrick's
- Soda/Snacks

Apr
- Natural/Organic
- Baking Supplies
- Easter Clearance

May
- Cinco De Mayo
- BBQ Supplies
- Mother's Day

June
- Dairy
- July 4th Supplies
- Seasonal Fruits

July
- Ice Cream
- July 4th

Aug
- Back to School
- School Lunch Cleaners

Sept
- Back to school
- Summer Clearance
- Labor Day picnic

Oct
- Baking Products
- Turkey
- Canned Goods

Nov
- Dairy
- July 4th Supplies
- Seasonal Fruits

Dec
-
**General Stock Up**

- Cereal: < $1.00
- Yogurt $.25 per cup
- Crackers/Cookies < $1.00
- Potato/Tortilla Chips $1.00
- Refrigerated Biscuits $.50
- Shredded Cheese $1.50
- Ice Cream <$1.50
- French Fries <$1.00
- Pop Tarts <$1.25
- Chicken Breast $1.99
- Whole Chicken: $.89
- Beef Tips: $4.99
- Ground Beef $1.79
- Pork: $1.99
- Frozen Veggies: < $1.00
- Frozen Pizza: < $1.00
- Granola Bars < $1.00
- Peanut Butter < $1.50
- Paper Towel $.50
- Bathroom Tissue $.25
- Pasta $.50
- Canned Soup <$1.00
- Laundry Detergent: $.10
- Ziploc: < $1.00
- Foil < $1.00
- Bodywash < $1.00
- Shampoo $.50
- Razors <$1.00
- Tamponx <$1.00
- Hand Soap <$.50
- Soda <$1.50/12pk
- Oral Care <$.50
Clearance Sections

- Produce
- Meat
- Dairy
- Deli
- General
- Bakery
- Frozen
Finding the Deals

Coupon Karma
Typical Coupon Deal

Walmart Deal:
Buy (1) Tai Pei Potstickers $2.00
Use (1) $1.50/1 Tai Pei Appetizer Printable Coupons
Final Price = $.50
Combining Coupons & Rebates

Target deal:

Buy (3) Kellogg’s Raisin Bran (look for specially marked boxes) $1.99
Use (1) $1/3 Kellogg’s Cereal printable coupon
Pay $4.97 & Receive $5 Mail in Rebate
Final Price = FREE!
Coupons & Mobile

Buy (1) Crock-Pot 4-Quart Slow Cooker, Black $15.92
(Online price)
Buy (1) Campbell’s Slow Cooker Sauce Apple Bourbon BBQ $1.98
Buy (1) Campbell’s Slow Cooker Sauce Hawaiian Luau $1.98
Use (1) $1/2 Campbell’s Slow Cooker Sauce coupon from 3/23 SmartSource
Pay $18.88 & and get $15 Ibotta rebate
Final price =$3.88 for all 3 items after coupon & Ibotta rebate!

Only $3.88 for all 3 items
Drug Store Deal

Buy (4) Revlon ColorStay Shadow Links, $2.99 Reg. Price
Total = $11.96
Use (4) $2.00 on any one (1) Revlon Eye Product coupons (need 2 computers)
Total = $3.96, Get Back $3 ECB
Final Price: 24¢ EACH!
## Matchups

### Cookies, Snacks & Candy

- **Ghirardelli, Godiva, Lindt Excellence or Classic Recipe Bar** 3 - 4.4 oz - $2.50
  - FREE Lindt Bar Excellence or Classic Recipe, 3.5 oz; May Vary
  - By Account - Shopmium
  - Out-of-Pocket Price: $2.50
  - Final Price: **FREE**
  - Includes Shopmium rebate

- **Cheez-It, 6.75 oz** - $2.00

- **Dentyne Ice or Trident, 60 - 80 ct** - $2.50

- **Dove Chocolate Bar, 3.3 oz** - $1.50
  - $1.00 /2 Dove Silky Smooth Chocolate Large Bars, 3.07 - 3.3 oz
  - Final Price: $1.50
Make a List

Shopping list

20 Yakisoba Bowls $50
Use (10) $1/2 Yakisoba coupons
Final Price = FREE

4 Powerade Zero $1.00
Use (4) $1/1 Powerade coupons
Coupons will double
Final Price = FREE

5 Yoplait Greek Yogurts $1.00
Use (1) $0.50 Yoplait Coupon
Final Price = $0.80 each

2 Essential Everyday Oatmeal $0.99
Use (2) $0.75/1 Essential Everyday coupon
Coupon will double
Final Price = $0.49 each

Look for prices on:
Cascadian Farms Frozen Veggies
Pantene Shampoo
Oscar Mayer Rev Wraps
All Laundry Detergent
Land o' Lakes Butter
Coupon Organization

- Envelope System
- Coupon Binder
- Clipless System
Envelope System

- Sort by Store
- Sort by category
- Sort alphabetically
Coupon Binder

- 3 Ring Binder
- Baseball Card inserts
- Categorize:
  - Alphabetically
  - by Category
  - by aisle in your store
Clipless Method

- Put date on front cover
- File by date & insert type
- Use Coupon Database to find coupons
Stockpiling

- Buy it before you need it
- Stop paying for convenience
- Buy for 3-6 months of what your family needs
- Check Expiration Dates
Coupon Karma

- Don’t clear shelves
- Don’t steal coupons from the paper
- Don’t try to use coupons incorrectly
- Be a coupon fairy
Questions?
Stay in Touch

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