

#1 - Organize your Coupons



a. Accumulate Coupons
Where? Online, Sunday Papers, Local Ads, By Mail & In-store

- b. File Coupons
- c. Use Coupon Index*

#2 - Pre-Shop



- a. What's on Sale?
- b. Make your list
- c. Clip the Coupons

Buy It!

Save \$\$\$ on Food Storage & Groceries

Spent: \$19
Saved: \$124



Spent: \$56
Saved: \$53

Spent: \$46
Saved: \$133



Spent: \$83
Saved: \$155



Spent: \$27
Saved: a lot!



These tips & images are used with permission from these sites: TheObsessiveShopper.net & PinchingYourPennies.com

Provided by the Emergency Preparedness Committee

#3 - Shopping Day



Tips

- Buy in Bulk
- Only use coupons on sale items.
- Get 1 Sunday Newspaper per family member
- Print online coupons as many times as allowed
- When an item is Buy 1 Get 1 Free, often 2 coupons can be used.
- Don't shop hungry
- Check expiration dates
- Plan meals around items in your food storage

Newspaper Special:

Order up to 2 each of the Salt Lake Tribune and Deseret News for \$39.00 each per year! = only .75 per copy!! Call: 1-866-755-NEWS & ask for the Sunday only special for \$39.00.

Print Coupons Online:

1. <http://grocerysmarts.com/utah/lists/splashg84cso.php>
*View Coupon Index for several stores at link above.
2. <http://www.coupons.com>
3. <http://www.boxtops4education.com/Coupons/>
4. <http://www.pillsbury.com/coupons-promotions/couponspromotionslanding.htm>
5. <http://www.bettycrocker.com/coupons-promotions/coupons/default.aspx>