



# Overview: Essential Couponing

# Making the most of coupons

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Our couponing workshop and free guide help everyone save money when shopping. The guide book includes:

- **Getting started with coupons**
  - It takes time to get used to coupon use
  - Developing a workflow for organizing coupons
  - Getting the most out of coupon clipping
- **Budgeting**
  - Using cash when shopping
  - What your spending should look like
- **Meal Planning**
  - Monthly meal plan
  - Bi-weekly meal plan
  - Weekly meal plan
- **Shopping**
  - Organizing your shopping list
  - Figuring out what you don't need
  - Categorizing your shopping
  - Using the grocery store's floor plan when shopping
- **Types of coupons**
  - Manufacturer coupons
  - Retailer coupons
  - Online printable coupons
- **Where to get coupons**
  - The Sunday paper
  - Mailers from stores
  - Coupons from product packaging
  - Coupons on retailer receipts
  - Smartphone apps
  - Online resources



# Essential Couponing (cont'd)

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- **Clipping & Organizing Coupons**
  - How to store them
  - Separating by store
  - Prioritizing coupons
- **Using Coupons**
  - Tips and strategies for coupon selection and use
  - Using store loyalty programs
  - Being courteous when using coupons in store
- **Mary's Tips**
  - Advice from Credit.org's original coupon guru
- **Store coupon policies**
  - Mapping the major grocery chains in the US
- **Costly coupon scams**
  - Be careful of coupon clipping services & booklets
  - Where to file a complaint:
    - The manufacturer of the product
    - The publication running the ads
    - Your local postmaster (to report mail fraud)
    - Your state Attorney General
    - FTC complaints
- **Expired coupons**
  - Donating coupons to military families
    - Support our Troops "Troopons®" program
    - CouponCabin's programs for recently expired coupons

Download the full Essential Couponing guide from Credit.org today. You'll find it along with our full free library of educational materials on credit, budgeting and personal finance.



# Essential Couponing

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