


## ~“TRUECouponing” Cliff Notes~

### TRUECouponing is:

- Holding coupons until the products go on sale
- Waiting for the lowest price during the 12-week sales cycle
- Buying newspapers in even numbers
- Using match-ups from TrueCouponing.com  (Remember to look for the shopping carts, they point you to the BEST deals!)
- Buying enough product to last until the next sale cycle
- Buying items on sale vs. when needed
- Blessing others 😊

### Coupons:

- Use one manufacturer's coupon **AND** one store coupon (Publix, Sweetbay, etc.) on a product. 1 Mfr Q and 1 Store Q = Stacking (but watch for item specifications)
- a BOGO coupon must be used **ALONE** on a BOGO deal! (It is one coupon that applies for 2 products)
- Manufacturer's coupons start with a “5” or “9”
- Blinkies, hangtags & tearpads
- Printables

### File coupon inserts by Sunday date. DON'T cut yet!

- Mark the date on the inserts. Save them all!
- Store them in your coupon box w/file folders.
- Donate expired coupons to the military.

**Shop to build your stockpile.** 'Bootcamp'  
You don't want to pay the regular price ever again!

### Learn to give up brand loyalties for BIG SAVINGS!

Products go on sale in "groups" like laundry detergent. One particular brand may take longer to come back on sale.

National brands are cheaper with a coupon than house brands.

Warehouse shopping has its limitations because the price of an economy sized anything is generally higher than a regular-sized product bought with a coupon!

### Use the Coupon Database on our website for “NEED NOW” items!

### Your Shopping Trip:

Carry a coupon purse, basket, etc.

DISINFECT THE CART!

Check for new flyers.

Shop **ONLY** off of your list.

Organize your coupons before getting in check out line.

### A Little Lingo

OOP-Out of Pocket

Q-Coupon

SQ-Store Coupon

MQ-Manufacturer Coupon

SS-Smart Source

RP-Red Plum

PG-Proctor & Gamble

GM-General Mills

Overage - when you get paid to buy an item

FREE-FREE- a BOGO sale with a BOGO coupon

## ~Let's talk ETHICS!!~

1. Read the coupon wording carefully- The coupon should be used **ONLY** for the specific item(s) listed on the coupon."
2. Watch expiration dates!
3. Organize coupons **BEFORE** you get to the checkout. Neat & tidy!
4. Buy only what your family needs. . .leave some for the next couponer.
5. **DO NOT** re-sell coupon-purchased items! Use them for your family.
6. Don't return a coupon-purchased product without subtracting the coupon value. Exchange the item instead.
7. Always be pleasant to store personnel.

We encourage everyone to play by the rules, this benefits EVERYONE! Thank You!



