

Online *to* COUPON Workshop

Transforming Your Grocery Budget

OnlineCouponWorkshop.com

Tips for Couponing in the Real World



- Stockpiling
- Menu Planning
- Using Coupons
- Saving on Meat & Produce

Because we are busy but desire to be good stewards with God's blessings

Stockpiling

"It's like grocery shopping in your own home."

Stockpiling

What does it mean to stockpile?

- Purchasing what you use the most and buying at quantities to last until the next sales cycle.
- Sales rotate every 6 to 12 weeks.



Stockpiling

How do you know what to stockpile?

- Every person's stockpile will be different.
- Consider what you use the most and make a list by category.



Stockpiling

When do you know a price is a stockpile-worthy deal?

- Keep a price book of your stockpile items, using your receipts.
- Short Cut ~ Subscribe to The Grocery Game



Budgeting Your Stockpile

Set your grocery budget to include a set amount for building your stockpile.

$$\begin{aligned} & \$\text{Need}\$ + \$\text{Stockpile}\$ \\ & = \text{Total Grocery Budget} \end{aligned}$$



Menu Planning

"Stop thinking about *meals* and start thinking about *ingredients*."

How to Menu Plan from a Stockpile

Before planning your menu, look at what you already have in your pantry and freezer.

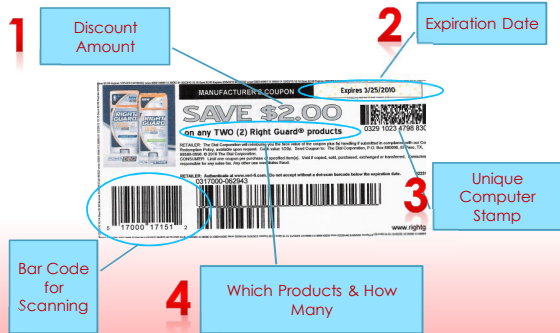
Build meals based on those items.
Buy what you need to fill in the gaps.



Coupons

"I feel like I am spending monopoly money!"

How to Read a Coupon



Where Can You Find Coupons?

- Newspaper Inserts
- Sales Advertisements
- Magazines
- Junk Mail
- Samples
- In the Store
- Manufacturer's Websites

Ultimate List
of **FREE**
Printable
COUPONS

Online Coupons

Downloading Coupon Software is necessary to print.

- The software typically limits you to TWO prints of each coupon.
- You can print multiple coupons by using the back button on your browser or the backspace button on your keyboard.



Knowing Your Stores

“Know the store policy better than the cashier.”

Store Coupon Policies

- Each store can have a unique coupon policy
- Interview your local store manager to find their interpretation of the coupon policy before you reach the check out lane





Walmart has a corporate coupon policy but interpretations are allowed by the store's manager.

Allowed

- 1 manufacturer's coupon per item
- Competitor price matching

Not Allowed

- Stacking store coupons
- Price matching BOGO offers



Allowed

- 1 manufacturer's coupon per item
- Stacking a Target coupon with a manufacturer's coupon
- Competitor price matching

Not Allowed

- Price matching store brands
- Price matching produce or meat without branding
- Price matching doorbusters or timed ads

Saving at Drugstores

Three basic ways to save at drugstores:

1. Stacking store coupons with manufacturer's coupon
2. Buy one item, get one free
3. Store loyalty rewards and purchase incentives



Saving at Drugstores

What are purchase incentives?

Purchase an item, or from a selected group of items, and receive a store credit towards your next purchase



Saving on Meat

Buy in bulk and have the butcher cut it.

Watch for manager's special items and freeze.

Purchase at buy one, get one sales.

Use oatmeal, eggplant, or beans as a filler.



Saving on Produce



Buy your produce by season.

Match prices or purchase at produce stores.

Purchase frozen produce on sale with coupons.

Don't waste it. Eat it!

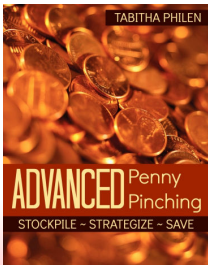
How Much Time?

Research:	60 minutes per week
Organizing:	30 minutes per week
Shopping:	90 minutes per week
TOTAL	3 hours per week

You save \$200 a month (or more) on your grocery budget.

You paid yourself \$16.67 per hour!

Advanced Penny Pinching



For more ways to shave your grocery budget, please check out my book, **Advanced Penny Pinching**.

Available in PDF, Kindle, and Nook formats for only \$2.99!

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