

# Save Money On Groceries

*A Simple Guide to Meal Planning,  
Coupons and Sales Circulars*



*Another great e-book from <http://TheHouseholdHelper.com>  
Saving You Time, Money and Sanity by Providing You  
Tips and Resources for Your Home Management.*

## Save Money On Groceries

*A Simple Guide to Meal Planning, Coupons, and Sales Circulars*

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## **Table of Contents**

1. Introduction
2. Meal Planning Basics
3. Collecting Coupons
4. Sales Circulars
5. Think Outside the Grocery Store
6. Putting it All Together
7. Setting Up a Pantry
8. Pantry Staples
9. Shelf Life Basics for Your Pantry and Freezer
10. Some More Important Tips
11. List of Resources

## Introduction

My name is Cara. I am a work-at-home-mom with a husband, a son, and five fur-babies. We live in Northern New Jersey where folks live at 167% of the National Cost of Living Average. We have the standard household expenses: a mortgage, home equity line of credit (instead of car loans), insurance, utilities, cable TV, and Internet access. We also have added expenses of clothing, magazine subscriptions, gas for our trucks, and toys for our son. I have many, many ways to save money on all of these expenses, but the focus today is saving money on your groceries.

I have always been a coupon user. I have always been a bargain hunter, too. Even when I lived at home with my parents, I would search out sales and use coupons. When I got married and started my own household, I started meal planning and using coupons in earnest to save money and feed my family. I literally save \$200 *or more* each month by planning meals, using my grocery store circular, and clipping coupons.

I learned how to do all of this from my mom. I remember watching her every Sunday make her grocery list. She would sit at the kitchen table with her shoe box of coupons, the grocery circular, a steno pad, and a cup of coffee. Funny how things come full circle - if you peek into my window on a Sunday afternoon, you'll see the same thing now at my house! Really the only difference between my mother's routine and mine is that I've incorporated the use of online printable coupons.

You may have read about the woman that paid only \$10 for a cart full of groceries, or a family that has a pantry stocked well enough to feed them for a year. These are interesting stories, but they have one flaw – those women spent hours and hours working on their savings. Sometimes 3 to 4 hours a day clipping coupons and bargain hunting. I personally only spend about an hour a week meal planning and grocery planning.

The goal of this e-book is to give you practical, useful, and proven advice on saving money on groceries. And *practical* is the key word here. If meal planning and coupon clipping become a dreaded chore, you will not be motivated to continue and will not save money. I hope to provide you with realistic, workable steps to save you and your family hundreds, possibly thousands of dollars a year on groceries.

## Meal Planning Basics

Saving money on groceries begins with meal planning. If you never clip a coupon or shop a sale, but you do plan your meals in advance, you will eventually save money. Don't worry - I will discuss how to combine meal planning with sales and coupons. But first I want to you get started on your meal planning skills.

Meal planning affects many different aspects of life, including your time as well as your financial situation. Meal planning makes it possible for almost any size family to eat healthy meals everyday of the week while on a budget. It also gives you more time together as a family while spending less money.

As with any new project, the hardest part is getting started. To begin, you'll need to sit down, look at your family's tastes, preferences, and schedule.

To start forming the basis of your meal plan, make a list of all the meals your family likes. Write down everything you can think of – breakfasts, lunches, dinners and snacks. If you need to, go to your recipe box or cook books to see what you have cooked. You will be surprised at how long your list becomes!

Next, on the very top of 3x5 index cards, write down the primary ingredient of your most frequently cooked meals. I have cards for the following: roasted chicken, chicken breasts, ground beef, pork roast, etc. Then, on the labeled cards, write down the meals that you make with that primary ingredient. For example, on the roasted chicken card I have listed roasted chicken dinner, chicken fajitas, chicken pot pie, etc. Now you have created quick reference cards that you will use to plan your weekly meals and grocery lists.

To plan your meals for the week, you need to take into consideration the activities and outings planned for the week. Use the calendar to plan your meals. I literally write the meals I plan to cook for the week in pencil on my calendar.

Does your son have a soccer game? If so, maybe you should plan on making a crock pot meal that day. Did you promise to bring a dish to the church pot luck dinner? Then you don't have to plan a whole dinner for that day, just the promised dish.

Also remember to take into account any religious observances you follow. For example, during Lent we do not eat meat on Fridays. So I usually plan a fish or a vegetarian dinner. Sometimes I even plan breakfast for dinner – why not have pancakes on Friday night?

Plan to use your leftovers. Leftovers do not have to be that boring, and the simple mention of the word doesn't have to leave your family running for cover. In fact, planning for "leftovers" ahead of time can make your meal planning for the week a lot easier. You know how hard it can be to come up with ideas for three meals a day, seven days a week. Here are a couple examples on how to use your leftovers.

**Pork Roast:** The first night I serve a traditional dinner with veggie and potatoes. Then I use the leftovers a few nights later to make pork fried rice or pulled pork sandwiches.

**Roasted Chicken:** We all know how far a chicken can go. You should plan two or three meals from your roasted chicken (or multiple chickens, depending on the size of your family). You can make chicken pot pie, chicken fajitas, chicken soup, and more from the one chicken you roasted earlier.

**Ground Beef:** On day 1, brown three nights worth of ground beef (the amount will vary, depending on your family's size); once the meat is cooked, separate it into three portions. Day 1 serve tacos. On day 2, serve a casserole such as Shepherd's Pie (maybe use those leftover mashed potatoes from a previous dinner to top the pie). On day 3, serve sloppy joe sandwiches or make a meatloaf.

Remember to mix it up. You don't have to have the leftovers in consecutive days. Most leftovers will hold for a few days. You could even freeze them – just wrap up the leftovers in ready to go meal sized packages.

Once you have your initial list and 3x5 cards ready, meal planning is easy. The key is to keep it simple. Do not plan on cooking complicated meals during the hectic week. Save those for special occasions.

## Collecting Coupons

I've said it before and I'll say it again – multiple coupons from multiple sources. You can find manufacturers coupons everywhere. I clip from newspapers and magazines, I get them from the little machines that spit out coupons at the grocery store, and I get them with my receipt.

I have two papers delivered every week. When I get them I clip every coupon from the inserts. Yes, every single coupon even if it is for a product that I will not buy. I put them into two piles: coupons to use and coupons to share (more about this in a little bit). If you don't get a newspaper delivered at least on Sunday, you should. The cost for the subscription is minimal compared to the savings you will get from the coupon inserts.

If you can't get a newspaper, or have limited service in your area, go to your local recycling center. I've heard of people visiting the bins to salvage unused inserts. You can also ask your library to save the inserts for you.

There is a service online that you can order coupons from. [CouponClippers.com](http://CouponClippers.com) has an extensive catalog of coupons you can choose from. For a nominal fee, they will send you actual clipped coupons. This may sound silly – spending money on coupons to save money. But if you live in a remote area this may be the only option for you to get manufacturers coupons.

I print coupons online from sites such as [Coupons.com](http://Coupons.com) and [CoolSavings.com](http://CoolSavings.com) (I have included links to my favorite sites at the end of this e-book). I've made it a weekly habit to spend 5 or 10 minutes printing coupons from these online resources. And, most times, the online coupons are a bigger savings than the ones you find in the coupon circulars. Be sure to sign-up for their mailing lists so you can get notified via email when they post their new coupons.

Also, I visit or call the manufacturer directly. Once I went to the Wyeth Consumer Products website and got three-\$1 coupons for Advil! If you have a favorite brand, just visit their site or call their customer support number. Sign-up for their newsletter to be notified of future savings opportunities on your favorite brands. [Kraft.com](http://Kraft.com) and [BettyCrocker.com](http://BettyCrocker.com) are excellent lists to join. They both send frequent emails with coupons and meal ideas in them.

Swap coupons with your friends and family. Exchange unused coupons with your co-workers. Host a swapping party. What a great reason to get together over a cup of coffee!

Hop onboard a coupon train. This is a relatively new thing new thing for me. Coupon trains are a great way to trade all those coupons you can't use for coupons that you need. The person who starts the train gathers up \$100 or more worth of coupons that she isn't going to use, and posts on a forum that she is starting a new train, and needs riders. The members who want to join send her a PM with their name, address, and any "wish list" they might have.

The leader types up a sheet with all that info, and mails it to the first person on the list. That person takes out whatever coupons she wants, plus any that have expired or are about to, and replaces them with new ones of equal value. Then she mails it to the next person on list. It continues on until it circles back to the leader, and starts over again. A list of coupon train forums is included in the recourses section at the end of this e-book.

I never throw out my un-used coupons. I keep them for a few weeks just in case a sale comes along. Coupons that you find in the Sunday paper are generally valid for 6 to 8 weeks. And, typically those items featured will be on sale sometime within the lifetime of the coupon. If I'm not going to use a coupon before its expiration date, I will either trade it with someone or send it to the Overseas Coupon Exchange (again, info on this is in the resources section).

Now, clipping or printing your coupons is only your first step in couponing. You need to keep these coupons organized. The following is a brief description of three ways to organize coupons. The important thing is that you *do what works for you*.

1. **Binder:** A three-ring binder with baseball trading card inserts. This method is used most often by the super serious couponer – like the ones mentioned in my introduction. I've personally tried this and found it hard to use and wasn't convenient to carry to and from stores (especially with a toddler in tow!).
2. **Shoe Box:** A recycled shoe box with envelopes in it to sort coupons. Some people even tape or staple an index card standing up inside the envelope to be a 'tab'. Others have even gone so far as using a Rubbermaid or Sterilite container. I like this method because it is very organized and flexible. You can customize the envelope labels to your needs and have as many as you want. The downside is that, like the binder, it's not so convenient to carry around. Depending on the size, it could sit in the front of a shopping cart, but where would I put the toddler?
3. **Expandable Folder:** I use a 5x7 12-pocket expandable folder. Each pocket can be labeled, and it closes with an elastic, and best of all it fits in my purse. I purchased mine at the dollar store well over 2 years ago and love it.

Other ways to organize your coupons are index card boxes, zip lock bags, empty baby wipe containers, and baskets. I know a person that lives alone and only shops for herself and her cat. So she keeps all of her coupons in one envelope (and that is even a re-used envelope!). Remember, do whatever works for you.

Get to know your coupons. You need to interpret coupons to your advantage. Do not just go by the picture because the manufacturer will show the most expensive variety. . For example a coupon may say “\$1 Off Any Variety” but the fine print will say “excludes trial size”.

## **Sales Circulars**

Sales circulars usually come in your Sunday paper. Again, if you don't have a subscription to a paper at least once a week, get one. The sales circulars also come in the freebie paper that is tossed onto our driveway once a week. Now-a-days you can also view most of them online.

Study your grocery circular carefully. The circular is where you will find out about special store promotions, short-term sales, automatic rebates, special store coupons and coupon bonus periods. Here's an important tip: Just because it's in the circular, doesn't always mean that it's on sale. Manufacturers will pay to have their product featured.

Read the fine print so you really understand the sale price. For example, if your store advertises oranges on sale 20 for \$10, that doesn't always mean that you need to buy 20 oranges. In most cases, each orange would be priced individually at a sale price. But if it really is 20 oranges for \$10 and you have to buy 20, you'd probably end up throwing out some oranges, which is a waste of your money.

Sign up for your grocery store's savings program. Also check your store's website and sign-up for their newsletter. And sign up for any club they have (Baby Club, Pet Club) – you could earn more 'points' or even cash back for those types of purchases.

Get to know your grocery store's policies. Thoroughly read their circular. When is their sale period? I shop at two grocery stores and they have different sales periods. Shop Rite sales run Sunday to Saturday while Stop & Shop sales run Friday to Thursday.

Do they accept printed coupons from online? Do they double coupon? If so, is there a limit to the value of the coupon they will double? Do they allow you to 'stack' coupons (meaning you use a store coupon and a manufacturer coupon for one item)? Do they accept expired coupons?

Do they have a price matching policy? This is where a store will match the sale price of an item at another store. Do they accept competitor's coupons?

Understanding your store's policies is an important step in saving yourself money. If you cannot get answers to the above questions from the store's circular or their website, then you need to ask someone (preferably a front-end manager or customer service manager).

## **Think Outside The Grocery Store**

The supermarket or grocery store isn't the only place you can save money on groceries. Not only do I shop at Shop Rite and Stop & Shop, I frequently make purchases at BJ's Wholesale Club, Wal-Mart, and CVS for groceries. And I stop at the local IGA often as well.

I could go even further – living in a heavily congested area such as Northern New Jersey gives me lots of options. The following stores are within a 10-mile radius of my home: Stop & Shop, Pathmark, A&P, Shop Rite, CVS, Wal-Mart, Target, BJ's Wholesale Club, Rite Aid, and Trader Joe's. Plus there are several little mom-and-pop grocery stores as well as Quik Check and 7-Eleven.

To be frank, I have better things to do with my time than to shop at 10 different stores just to find the best deals. And don't get me started on what it would cost me in gas. I only shop at the six stores mentioned in the first paragraph because of the convenience and because I know the stores' prices and policies.

I shop for groceries, actual food items, at Shop Rite and Stop & Shop. The local IGA has the best prices on dairy products and deli meats so I stop there at least once a week. They also have really good prices on meats, so if what I want isn't on sale at the supermarkets, I'll get it at IGA.

I get my packaged goods, pet products, paper products and baby items at Wal-Mart. Often times Wal-Mart's prices are better than the grocery store even without a coupon. For example, a box of Velveeta Shells & Cheese is only \$1.77 at Wal-Mart. But it's \$2.59 at the grocery store.

And I get most of our personal care products at CVS. Often times I shop on a sale, with a coupon, and use Extra Care Bucks to pay for it. Is there anything better than free? Again, make sure that you sign up for your store's club or membership.

I shop BJ's Wholesale Club the least – about once a month at most. Really, for a family of three it isn't worth buying in bulk quantities. Not only do I need to find room in my home to store the items, I would hate to have them expire on me. I find that I shop there seasonally. I went there for paper products and soda for my son's birthday party. I went there for Halloween candy. And I will make a trip there before the coming holidays because I know that I can use things like the 10lb bag of sugar or the 60oz bag of chocolate chips between Thanksgiving and Christmas. Even though I don't shop there frequently, the savings I get when I do more than make up the cost of the annual membership fee.

## **Putting It All Together**

The easiest way to teach you how to maximize your savings on groceries is to walk you through my routine step-by-step. This isn't rocket science, so don't get nervous. It may be time consuming at first, but I promise you it gets easier and faster as you go along.

First of all, create a home base for all of your supplies: pad, pen, calculator, scissors, coupons, and recipe reference cards. I use a basket that will hold everything and fits right on my desk. Also keep a running list of the necessities that you need to purchase: bread, milk, butter, flour, etc.

Because my stores' sales are not on the same time frame, I get the circulars at different times. As I get the sales circulars, I give them a quick glance and circle any items of interest. Then I put them in my basket.

Through out the week, when I get emails from coupon sites, I quickly view and print the coupons that I will use. I then cut them and put them in my basket.

When the coupon inserts arrive, I put them right into my basket. Sometimes I'll browse them, but I don't do anything with them until I'm ready to sit and plan my meals and grocery list.

When my coupon train package arrives, I immediately open it and sort through the coupons that I want and put them in my basket. Then I sort through the extra coupons I have on hand and put them on the train. The next day, I send the package to the next person on the list. It's important to be prompt with your coupon train packages and turn them around right away. You don't want to hold it up – other passengers are waiting.

Now it's time to get down to business. Every Sunday night, after my son goes to bed, I grab my basket and a cup of coffee and take a seat at my dining room table. Sometimes I'll put a TV show on or some music. Sometimes I listen to a pod-cast or two.

First I clip all coupons in the inserts. Then I sort those into two categories: coupons to use and coupons to share. Then I file the coupons I will use into my coupon sorter. While I do this I also file the printed coupons, and I take out expired coupons or soon-to-expire coupons that I will not use and put them in the coupons to share pile.

Next I read my circulars, making notes of the sales, and check my recipe reference cards. I base my meals on what meat and poultry is on sale. Then I plan the side dishes around that by checking the circular for specials, and then I look for a matching coupon. I also think about potential left-overs and what I might need to serve them.

I consult the calendar for upcoming events and appointments so I can plan appropriately. As I plan a meal, I write the ingredients on my shopping list and write the meal on the calendar. Doesn't this sound simple? It is – once you get into the habit.

Because I shop at more than one grocery store, my shopping list sometimes has scribbles on it. What I do is plan first from Stop & Shop and then from Shop Rite. If Shop Rite has a better deal, I will cross it off the Stop & Shop list.

I review the circulars again, focusing on the bargains as opposed to focusing on meals. Is there anything at a rock-bottom price that I can stock-up on? Is anything on my 'needs list' on special? Can I match that to a coupon?

Planning my meals around what is on special and matching the sales to coupons saves me \$20-50 a week. Once I saved \$57 on one trip to one store using this method. Now that's savings!

## Setting Up a Pantry

There are many different opinions on setting up a pantry. Some people stock-pile to the point that they could feed their family for months. Others just keep the bare necessities on hand. Here are a few ideas to make the most of your grocery savings.

I like to have enough in my pantry to get me through 6 to 8 weeks. Why? Because that is the typical cycle of sales and coupons. Yes folks, most products will be on special or have a coupon or both every 6 to 8 weeks.

So when I find an item at a 'rock bottom' price I will only purchase the amount that I think I will use in the next 6 to 8 weeks. Items like soups, canned tuna, cake mixes, etc. will always be in my pantry in case of unexpected entertaining or an emergency. I have also learned to treat my freezer as an extension of my pantry staples. Not only do I freeze meats, I freeze dairy products, baked goods, and leftovers.

Store packages of like items together in your cupboards, and remember to put the freshest purchases at the back. I like to store all my canned soups together, canned veggies together, etc. Store canned and boxed goods with the labels facing front so you can see at a glance what you have. Keep all your baking items (such as flour, sugar, brown sugar, etc.) close together so you don't walk your legs off gathering ingredients for a batch of cookies!

Keep a running list accessible so you can add items you are running low of. For example, I'm making dinner and discover that I'm down to 2 cans of tuna. I will add it to my list so I can be on the look-out for a great deal.

Keep items used every day as close as possible to where they are used. Keep your spices near the stove; keep the pet food near where they are fed; keep the snacks accessible to your family so you don't always hear "Mom, where is the...".

I use a vacuum sealer almost daily. I split up large packages of meats into dinner-sized portions; I seal left-overs that can go in the freezer; I even seal the staples in my pantry (flour, biscuit mix, etc.). To me, the only thing paying full price for an item is to throw it out because of spoiling or freezer burn.

I have found that stocking up the pantry with 6 to 8 weeks worth of products is more than enough food to get us through an emergency. This was put to the test 2 years ago. My son was born 11 weeks premature and I had some complications, so I was in the hospital well over a week. There was enough in my pantry, fridge and freezer for my husband and pets to get along. And even when I came home from the hospital, other than perishables, I didn't have to shop for a few weeks.

## **Pantry Staples**

### Grain Staples:

Flour (white unbleached all purpose), rolled oats, rice (both brown and white), couscous, corn meal (makes a good coating), corn starch (a thickener), bread crumbs (for making a 'shake and bake' type coating or adding to meatballs), whole wheat pasta- lots of shapes for fun, Bisquick

### Sweetener Staples:

Granulated sugar, brown sugar, molasses , corn syrup (light & dark), honey real maple syrup

### Leavening ingredients:

baking soda, baking powder, iodized salt, bread machine yeast (or regular yeast if you don't use a bread machine)

### Oils/fats:

butter (as a spread and in baking; can be frozen), peanut oil (frying), olive oil (gentle sautéing and for flavor), canola oil (baking or frying)

### Canned/jarred goods:

assortment of canned tomato products for cooking, canned beans (faster than soaking dried beans), pasta sauce, canned fruit, apple sauce (we eat lots but I use it in cooking to replace some of the fat in recipes), tuna, soups of many varieties, peanut butter, apple butter, jelly

### Dairy:

Varieties of cheese, eggs (never freeze!!), milk, sour cream, plain yogurt, butter, cottage or ricotta cheese (the kids eat this with fruit)

### Packaged goods:

Macaroni and cheese (hello, I have a toddler!), quickie-meal makers (like Hamburger Helper), crackers, bread (can be frozen), cereals, brownie and cake mixes

### Other goodies I always have on hand:

Nuts and seeds: walnuts, cashews, pecans, peanuts (baking, snacking, adding to stir-fry, etc), sesame seeds, sunflower seeds, raisins (add to bread, stir-fry, on top of hot cereal), wheat germ and ground flax seed (keep in fridge, sprinkle on cereal, yogurt, banana slices)

### Spices

Seasoned salt, poultry rub, curry powder, bouillon (makes dinner tasty quickly)

Condiments – ketchup, mustard, mayo, etc.

Vinegar (regular and red-wine)

Tea Bags and Coffee

Soda (as much as I don't want it, hubby insists)

## Shelf Life Basics for Your Pantry and Freezer

<i>Item</i>	<i>Life in Pantry</i>
Baking Powder	18 months - unopened 6 months – opened
Brownie Mix & Cake Mix	1 year
Bread Crumbs	6 months
Cereal	6 to 12 months - unopened 2 to 3 months – opened
Cornmeal	1 year
Honey	1 year
Peanut Butter	6 to 9 months
Pasta / Noodles, Dried	2 years

<i>Item</i>	<i>Life in Freezer</i>
Bread	3 months
Butter & Margarine	6 to 8 months
Cheese, Soft	1 month
Chicken & Turkey, Pieces	9 months
Fish and Shellfish - steaks, fillets, & shucked seafood	3 to 4 months
Ground & Stew Meat	3 to 4 months
Milk & Cream	3 weeks
Roasts, Beef & Pork	6 to 12 months
Sausage, Pork	1 to 2 months
Yogurt	5 to 6 weeks

For a comprehensive list of storage guidelines, download my free “Food Storage Guide: Storing Foods Using Your Pantry, Refrigerator and Freezer”. [Click Here](#)

## Some More Important Tips

- Always shop with a list and stick to it. Except for the close-outs and soon-to-expire items (which can save you 50 to 75%), avoid impulse shopping at all costs.
- Constantly try to match a coupon to a sale item for added savings
- Stack coupons whenever you can – use a manufacturer's coupon and a store coupon for an item
- Never go to the grocery store hungry. Grab a snack before shopping so you won't be tempted with impulse buys.
- Don't be brand loyal. Try alternate brands or even the store brand for more savings on everyday products.
- Try to go to the store alone. Sometimes our 'helpers' add to the cart without us knowing it.
- Watch that register and make sure the prices you are charged are the prices you intended to pay. With all the electronic scanners, there are always product prices that don't get updated.
- Get a rain-check if your store is out of a sale item.
- Avoid purchasing the following items from the grocery store. You can get them at a much better price elsewhere.
  - Cleaning supplies can be bought for much cheaper at a discount store or your wholesale club. I personally belong to a club that offers the products concentrated and they are non-toxic.
  - Paper products - Wholesale clubs and discount stores frequently have lower unit costs on paper towels, bath tissue, paper products, dinnerware and more. I sometimes get these items at Wal-Mart, with a coupon.
  - Birthday and party supplies should be bought at the dollar store. They sell inexpensive birthday décor, candles, cake décor, paper products, gift bags, wrapping supplies and even bargain greeting cards.
  - Pet food and products - Find lower prices at your discount store or pet superstore. I get my pet supplies at Wal-Mart or PetCo, depending on if I have a coupon and what's on sale.

- Stay away from convenience foods as much as possible. You will always pay more for an item that is already chopped or mixed by someone else. Same thing with those pre-packaged chips, cookies, and juice drinks. Buy a big bag of chips and divide it up at home into smaller zipper bags or sandwich bags.
- Donate when you can – donate to a local food bank or your church. If you find products at ‘rock-bottom’ prices or even free, donate to a food pantry or shelter. Not only do these charities need food, but personal care products such as shampoo, tooth paste, etc.
- Donate your coupons – as I mentioned previously, I donate my unused or expired coupons to the Overseas Coupon Exchange Program. You could also donate your coupons to your church, food bank or shelter. This way, if they get monetary donations, they can spend it wisely using coupons.

## List of Recommended Resources

### Meal Planning

- [Meal Planning for Busy Moms](#) – e-book giving you step by step instructions on how to plan your family meals
- [Menu Planning Central](#) - helps you by delivering weekly menus to your email
- [Meal Plans 101](#) – software to help you plan healthy menus in seconds.
- [Kid Approved Meals](#) - quick and easy meals your kids will actually eat

### Coupons

#### Discount Newspaper Subscriptions

- [DiscountedNewspapers.com](#)

#### Free Printable Coupons

- [Coupons.com](#)
- [CouponSurfer.com](#)
- [SavingsandCoupons.com](#)
- [CoolSavings.com](#) (you will have to sign-up, but it's free)
- [Eversave.com](#) (you will have to sign-up, but it's free)

#### Membership Sites for Couponing

- [GroceryGame.com](#) – membership site that puts together a list of your sales circular items and matches them to a coupon (\$1.25/week; please use carambella@optonline.net as your referrer if you sign up)
- [CouponMom.com](#) – does almost the same thing as GroceryGame.com, but it's free.

#### Coupon Trains

(These are links to forum discussions where you can get on a train)

- [Families.com](#)
- [Gather.com](#)
- [FrugalVillage.com](#)

#### Order Clipped Coupons:

- [CouponClippers.com](#)
- [SavingTimes.com](#)

#### Organize Your Coupons:

- [TheCouponizer.com](#) – nifty packets filled with coupons
- [CouponClippers.com](#) – great couponing aids

## Recipes & Cookbooks

### Recommended Cookbooks

- [What's For Dinner Cookbook](#) – easy to read directions, great family dinners
- [470 Crock Pot Recipes](#) – more than just soups and stews
- [Copycat Recipes Cookbook](#) – make your favorite restaurant dish at home
- [Everyday Recipes Cookbook](#) - Just Good Food You Can Make At Home For You And Your Family
- [Healthy Express Cookbook](#) 101 Fresh, Light & Quick Dinners

### Recommended Websites

- [AllRecipes.com](#)
- [Recipzaar.com](#)
- [Mom'sTalkFood.com](#)

### [Overseas Coupon Exchange Program](#)

Have you ever wondered what to do with your unused or expired coupons? Share them with military families stationed overseas and help them save money on groceries. TheHouseholdHelper has adopted an Army Base in Japan to send coupons to. If you would like to be a part of this, send your coupons to:

Overseas Coupon Program  
c/o TheHouseholdHelper  
PO Box 256  
Bloomingdale, NJ 07403