

THE ULTIMATE
COUPON
CHEAT
SHEET

THE ULTIMATE COUPON CHEAT SHEET

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HOW TO DRASTICALLY CUT YOUR GROCERY BUDGET

Why change your grocery budget?

I want to teach you a new way to look at grocery shopping, where you determine what to purchase before you go to the grocery store, **so that you never pay full price for an item ever again.**

Saving money at the grocery store is one of the easiest ways to significantly change your family's household budget, and you'll see savings almost immediately with just a small amount of changes in how you shop.

Probably more than any other area in your family's finances, you have the power to transform your grocery budget.

You can't (easily) change your car payment, mortgage costs, or how much you spend on electricity each month, but you can change hundreds of dollars each and every month by simply deciding to change how you shop at the grocery store each week.

I want to teach you how.

Ready to get started? . . . Let's dive in.

BEFORE YOU START

Setting the stage for the perfect grocery budget

Before you begin, you need to know what you're really spending each week on groceries.

1. Consider what you've spent over the last few months each week at the grocery store (NOTE: if you're unsure, look at past credit card statements or bank statements to have a clear idea of your spending habits.)
2. Next, decide what you'd like to change your grocery budget to in the upcoming weeks by creating a clear goal that's written down on paper.
3. Expect to save about 20% on your grocery bill over the next month as you're building your pantry with basic stockpile items, and you should be able to cut your budget up to 50% in the next four to six months.

When planning your budget, decide how much you want to spend each week on "stockpile" items.

While setting your grocery budget, decide exactly how much you want to spend weekly on basic pantry items considered "stockpile" items ~ items that can be kept in your pantry until you're ready to use them.

Depending on your finances and budget, determine to spend \$10-\$20 each week on items that you'll stockpile at the best price, so you never pay full price, ever again.



TIP: Where do I find coupon deals? At [Passionate Penny Pincher](#) you can find all of the best deals at many national grocery stores when clicking on the "STORE DEALS" tab at the top of the page.

GROCERY SALES CYCLE

How to win at the grocery store

Almost every single item at your local grocery store goes on sale over the course of six to twelve weeks, so learning those sales cycles can drastically change how you spend at the grocery store.

Your goal is to purchase enough of those non-perishable items while they're on sale to never pay full price for them again, so consider how much your family uses of each item when you see a specific item on sale.



TIP: How much of a sale item should you buy? If pasta is on sale buy one get one free or included in the 10 for \$10 sale, and you know your family eats spaghetti once a week, purchase 6 boxes of pasta so you'll have enough to last until the next sale rolls around.

Also, understand the importance of not only using a coupon (we'll talk about coupons more shortly), but also shopping based on the sales ad.

Shopping based on the sales ad and planning your menu around that will change your grocery budget more significantly than almost anything else you do.

While coupons will save you a ton of money, your goal is to use a coupon that is combined with a sale to see the largest amount of savings at the grocery store. In a typical weekly grocery trip, you may save 10-20% with coupons, however shopping the sales ad can easily reduce your bill 30-50% each time you shop.

If you don't learn anything else than this while you're here, know that **simply choosing to shop the sales ad can change your grocery budget by hundreds of dollars each month.**

SHOP SEASONALLY

Shopping according to the seasonal sales cycle can save you a ton of money. For example, condiments are at their lowest prices in the summertime (when you need ketchup and mustard to go with the burgers you will be grilling around Memorial Day & Labor Day), baking goods are at their lowest prices of the year during Easter, Thanksgiving and Christmas, and you can always find the best prices on chili fixin's the week before the Super Bowl.

In addition to that, save a bundle on produce by choosing fresh fruits and veggies when shopping seasonally according to when specific produce is in season. You can print your free Seasonal Produce Guide over [HERE](#) (also found in the reference section inside this pack.)

MENU PLANNING

I can't even begin to tell you how much your grocery budget will change when you create a menu plan and grocery list before heading to the store.

Check out the [menu plans we have available on Passionate Penny Pincher](#). We provide grocery lists and delicious recipes in digital download and pre-printed formats.

COUPON MYTHS

If you've been using coupons for awhile (or even have never used a coupon before), there are several "coupon myths" you may or may not be aware of that may change how you shop using coupons.

Here are our top myths that could end up costing you if you're not sure how coupons work:

1. MYTH: Don't clip a coupon that you won't use.

Is it worth clipping every coupon? Sometimes it is! Often you will get a great deal (and possibly even make money) by purchasing an item that your family wouldn't normally purchase. Even if you can't use it, you can donate it to someone who may need it. Any high dollar coupon (\$5 or more) you should always print.

However, the value of your time is also important, and clipping hundreds of coupons you may never use can be overwhelming. After a few weeks of using coupons you'll have a good idea of which coupons are worth clipping, and which ones you really won't ever use, and as you coupon more frequently it'll take less time to prepare for each trip.

2. MYTH: Printing coupons is expensive and I'll lose money by purchasing ink cartridges so frequently.

By purchasing a laser printer you can save a bundle on printing costs, and the pennies you spend printing coupons each month will definitely make up for those expenses. Some stores also refill inkjet cartridges (see if your local Costco offers that service, and also check out the Office Max/Office Depot Rewards program for bonuses when recycling cartridges.) If you do not have a printer you can also go to your local library and print a page for \$.10 each.

3. MYTH: I'll save more money at Walmart, Sam's or Costco than I will by couponing.

Walmart's everyday prices are easily 25% higher than traditional grocery store sales prices. If you're planning to go to the store without considering sale prices and coupons at all, then Walmart might save you a few pennies. Shopping Publix and Kroger you will get better quality items as well. However, if you're willing to even just shop based on the sales ad your greatest savings will be at a traditional grocery store.

4. MYTH: I just don't have time to clip coupons. Yes, clipping coupons takes time.

However, on average your family can save 30%-50% by taking a few minutes each week to clip coupons. Even if your time is very limited, print coupons off the weekly ad lists provided at [Passionate Penny Pincher](#) to save as much as 50% on your grocery bill (if not more, without even clipping Sunday coupons!) If you're really crunched for time, consider just shopping based on the sales to save 25% over Walmart's everyday prices, and also try your local Aldi as you can easily save there even with using coupons.

COUPON ORGANIZATION & WHERE TO FIND COUPONS

Coupon organization

There are several different ways to organize coupons, but these are the three primary ways to consider:

1. Clip every coupon and sort them into accordion files by item or even by alphabet.
2. Clip every coupon and sort into plastic sleeves in a binder.
3. File coupon inserts by date, then clip as you need them.

One other option: If you really are limited on time, remember you can [also print free coupons online without getting coupon inserts.](#)

Where to find coupons

1. SUNDAY NEWSPAPER INSERTS

Each Sunday there are anywhere from 1 to 3 coupon inserts in your local paper. Typically these include SmartSource (SS) & Procter & Gamble (PG).

Coupon inserts will vary by region, so it's possible that your paper may not receive all the coupons that other regions get. (Typically larger newspaper markets get more coupons than smaller markets.)



TIP: How many coupons do you need? Typically 2-3 inserts each week provides enough coupons for most families. To get additional inserts without paying for them, ask a neighbor, friend, co-worker or family member for their inserts if they don't use their coupons. Also, you can sometimes get additional coupon inserts at your local library.

2. PRINTABLE COUPONS

There are several coupon websites that offer printable coupons ~ however the bulk of highest value coupons are available on [Coupons.com](#). New coupons typically come out on Sunday mornings and always at the beginning of the month.



TIP: What's the best way to make coupons print? If you're having problems printing coupons online, try switching to a different internet browser. If you're using Internet Explorer and having problems, try switching to Google Chrome or Fire Fox.

3. ORDERING COUPONS

If there's a specific coupon that didn't come in your local paper, there are clipping services that will mail you those coupons for a small fee. We personally use [My Coupon Hunter](#), which is a great option when looking for specific coupons.

4. STORE COUPONS

Many stores offer fliers including store coupons, which you can “stack” with manufacturer coupons. If your store offers additional store coupons, they’re typically found near the front of the store, and you can always ask at your customer service desk before you shop for any available coupon fliers.

Some stores (i.e. Kroger) also send digital coupons to your account as a reward the more you shop at their store. Be sure to sign up for those online and update your account with your home address to access those coupons.

In addition to paper store coupons, some stores also occasionally send out coupons via email, so be sure to sign up for email notifications from the stores you frequently shop.



TIP: What is coupon stacking? Coupon stacking is when you “stack” a traditional manufacturer coupon along with a store coupon to double up on your grocery savings. As you coupon more frequently, you’ll learn how to even “stack” those savings with rebate apps to also earn cash back on specific items.

5. DIGITAL COUPONS

Almost all stores now offer digital coupons, which you can load to your account online or by via app, phone number or text message (this will vary by store.) These are typically manufacturer coupons that can’t be combined with paper coupons.



TIP: How do I find the coupon I need? If you’re looking for a specific coupon, visit the [Passionate Penny Pincher Coupon Database](#) and find coupons for almost every item on your list.

PRINTABLE COUPONS & COUPON ETHICS

Thousands of dollars in coupons are [available online to print for free](#). To print these coupons, you typically need to download a coupon printer to your computer, which will take a few minutes to set up. Typically you can print two coupons per computer each month by clicking “print”, and then hitting the back button to get a second print.

Manufacturers limit the number of printable coupons consumers can print, so if there’s a high value coupon that you’d like, be sure to print it while it’s available. Typically it’s worth printing any high value coupons or those coupons that you’ll definitely use. When printing on Coupons.com, three coupons will print per page, so you’ll want to try to print in groups of three to save on paper.

It’s very important to never (ever!) copy a printable coupon on a copier. Each coupon has a different code embedded on the coupon, and if you copy a printed coupon the manufacturer may choose not to reimburse the grocery store for the coupon. As so many people are using coupons, it’s very important that we all use them fairly so that the stores continue to offer amazing deals.

Many coupon sites will ask for some basic personal information before you print a coupon. If you’re uncomfortable with this, use your discernment and only sign up for websites that you feel are legitimate. A great way to limit the number of junk emails that you receive from these websites is to sign up for a separate email account for your coupon offers. All sites that you are referred to from [passionatepennypincher.com](#) are sites that we feel are safe to use.

REBATES & DIGITAL COUPON APPS

There are several great rebate apps you can use to earn money towards future purchases, and most allow you to “double dip” so that you get not only coupon savings, but rebates as well towards certain retailers.

IBOTTA SAVINGS

[Ibotta](#) is an easy way to earn real money just for buying your favorite products at many of your favorite stores. Here are some of the features:

- Ibotta works in over a dozen favorite stores including Target, Walmart, Dollar Tree CVS, Walgreens, Kroger, Safeway, Vons, Publix, Ralphs, King Soopers, Duane Reade and many more. New stores are frequently added.
- [Ibotta](#) rebates are delivered in our account quickly. Get your money within hours of taking a photo of your receipt.
- [Ibotta](#) is real cash that can be transferred securely to your bank, PayPal account or you can choose to get gift cards at several stores and restaurants, including Amazon, Sam’s Club, Walmart, Old Navy, Gap, Starbucks, Red Lobster and many other retailers.

You can also cash out for Walmart gift cards and buy items that are free or close to free rebates to roll your Ibotta rewards.

CHECKOUT 51

[Checkout 51](#) is similar to Ibotta except that it sends a physical check mailed to your home after you earn \$20 or more in rebates. Here are a few tips about Checkout 51:

- Every Thursday morning Checkout 51 releases new money-saving offers.
- You choose the offers you like & purchase them at any store.
- Upload a photo of your receipt (or packing slip for online orders) through your mobile app or website.
- When your account balance gets to \$20, you'll need to request a payment while on your app and Checkout 51 will send you a check, delivered to your home. or you can have them transfer to your paypal account.

FETCH REWARDS

[Fetch Rewards](#) is a rebate app that allows you to submit your grocery or drug store receipt in order to earn points, then get cash back on those points (meaning you earn free money!) It's similar to the [Ibotta](#) and [Checkout 51](#) rebate apps, if you're familiar with using those. But unlike Ibotta and Checkout 51 you only need to scan your receipt to get your rebate. (They don't require you to also scan the barcode of each item like Ibotta and Checkout 51.)

For every 1,000 Fetch Rewards points you earn, you'll get \$1. And, you'll earn 2,000 points just for signing up + an extra 2,000 points for referring a friend. You need to reach 3,000 points to cash out (3,000 points = \$3), so it's an easy way to earn extra money when you shop. You can also use Fetch Rewards in addition to Ibotta and Checkout 51 to really get the most bang for your buck!

CATALINA

A catalina is a coupon that prints when you checkout at the grocery store (typically towards one of the items you purchased when checking out.) Depending on the type of catalina, you'll either see a traditional manufacturer coupon at the top of the coupon and can use it like any other coupon, or occasionally you'll get a coupon for a certain amount off your entire order the next time you shop.

Occasionally you'll also receive a catalina that says "store coupon" across the top - if it's a store coupon and not a manufacturer coupon you can stack it with a traditional manufacturer coupon to double up on your savings.

FUEL POINTS

Many stores offer fuel point perks when you shop, so be sure to use your loyalty card at those grocery stores. Several stores that offer fuel points also have special "double points" earnings, which are a great way to stock up on gift cards at that store and earn bonus fuel points at the same time.

HOW TO UNDERSTAND THE COUPON LISTS ON PASSIONATEPENNYPINCHER.COM

At [Passionate Penny Pincher](#) you can see coupon matchups for popular grocery chains nationwide. We do all the work for you.

To access the lists, select “STORE DEALS” from the main menu at [passionatepennypincher.com](#). Choose the store you’re planning to shop from the list.

EXAMPLE

Wonderful Pistachios - \$4.99

- Use \$0.50/1 Wonderful Pistachios Product, exp. 3/13/22 (SS 12/12/21)
- \$4.49 after coupon

EXPLANATION

Wonderful Pistachios, 14 – 16 oz are on sale for \$4.99. There is a \$0.50/1 coupon in the 12/12 SmartSource insert of the Sunday paper. (Coupon amounts sometimes vary by area, so depending on what area you’re in you may get a different size coupon amount.)

MATH

Purchase 1 Wonderful Pistachios	\$4.99
Wonderful Pistachios, 14 – 16 oz – \$4.99	
Use \$0.50/1 Wonderful Pistachios Product, exp. 3/13/22 (SS 12/12/21) \$4.49 after coupon	-\$0.50

OUT OF POCKET COST	\$4.49
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Let's try one more . . .

EXAMPLE

Pringles - \$1.25 wyb 4

- Use \$1/4 Pringles Full Size Cans – 1-27-19 RMN; Includes 146 Grams or Larger Only (exp 03/10/19)
- Submit for \$.35/1 Wavy Ibotta Rebate (Limit 3)
- \$0.74 each after coupon and rebate

EXPLANATION

Pringles are on sale for \$1.25 when you buy (wyb) four. There is a \$1 off coupon to use with the sale, that was found in the January 27 Retail Me Not Insert in the Sunday paper.
There is also \$.35 Ibotta Rebate when you purchase Pringles (with a limit of 3).

MATH

Purchase 4 Pringles at \$1.25 each \$5.00

Use \$1 off 4 coupon found in the January 27 Retail Me Not Insert in the Sunday paper -\$1.00

OUT OF POCKET COST \$4.00

Submit for a \$.35 off Rebate from Ibotta (Limit 3, so you'll deduct \$1.05) -\$1.05

AFTER COUPON & REBATE \$0.74 each

Let's try one more . . .

EXAMPLE

Special K Cereal - \$1.49 when you buy 5 participating Mega Sales products

- Use \$1/2 printable or \$1/2 digital coupon
- Submit for \$.35/1 Ibotta Rebate (Limit 2)
- \$0.64 each after coupon and rebate

EXPLANATION

Kroger has Special K Cereal on sale for \$1.49 when you buy 5 participating Kroger Mega Sale products. There is a \$1 off two Kellogg's Special K Cereal printable OR digital coupon. There is also \$.35 Ibotta Rebate when you purchase Kellogg's (with a limit of 2.)

MATH

Purchase 2 Kellogg's Special K Cereals @ \$1.49 each \$2.98

Use \$1 off 2 digital OR printable coupon found when clicking the link in the post -\$1.00

OUT OF POCKET COST \$1.98

Submit for a \$.35 off each Rebate from Ibotta -\$0.70

AFTER COUPON & REBATE \$0.64 each

STORE COUPON POLICIES

There are several great rebate apps you can use to earn money towards future purchases, and most allow you to “double dip” so that you get not only coupon savings, but rebates as well towards certain retailers.

WALMART

- Walmart does accept coupons.
- To maximize your savings at Walmart, be sure to combine your paper coupons with Ibotta, Fetch and Checkout51 rebate apps.

TARGET

- Target offers several types of store coupons and [Target Circle coupons](#) which you can load to your account before you head out or while you shop.
- Save 5% at Target by signing up for a Target Red Card, directly linked to your debit card account.
- Get 5¢ off your order for each bag you bring to carry groceries home in.
- Target offers special gift card deals most weeks when purchasing specific items that can be re-used towards groceries at Target.
- To maximize your savings at Target, be sure to combine your paper coupons with Ibotta, Fetch and Checkout 51 rebate.

DOLLAR TREE

- The Dollar Tree accepts manufacturer coupons as long as it's for less than the value of the item
- If the coupon is for more than \$1.25, the Dollar Tree will reduce it down to the purchase price
- The Dollar Tree accepts up to 2 internet coupons per household per day
- The Dollar Tree will accept up to 4 like coupons in one day
- The Dollar Tree is a great place to take advantage of Fetch, Ibotta and Checkout 51 rebates

KROGER

- **Kroger does not accept competitor coupons however they do offer their own store coupons.** Be sure to register your card online to receive monthly mailers from Kroger. The more you shop Kroger, the more frequently you'll be sent coupons to your account online or in app.
- Kroger frequently offers “Mega Sales” which offer additional savings when buying multiple items throughout the store that qualify towards the Mega Sale item, i.e. buy 5 or more participating items in the Mega Sale you get the Mega Sale price (\$1 off each item when you buy 5 or more).



TIP: How do I make sure to purchase the correct number of mega sale items? It's VERY important that you get exactly the correct number of items during a Mega Sale or you will lose the \$\$ off your total purchase on all of those items. To make this a little easier, shop with reusable bags in your cart and add that number of items to each bag to make sure you purchase the correct multiple of each item to get the very best price.

- Kroger offers tons of Kroger e-coupons, however you typically are only allowed one use per card unless during a special digital coupon promotion. These are considered manufacturer coupons, so you cannot use them in addition to a paper coupon. Kroger does occasionally offer Digital Savings Events where they allow one digital coupon to be used 5 times, so be sure to check the number of times each coupon is allowed on the Kroger App or Kroger Website.
- The more frequently you shop at Kroger, the more often you'll receive their store coupons by mail. Be sure to register your account at Kroger.com if you haven't already. (If you haven't received coupons from them recently you'll want to re-register your account.)
- Kroger ClickList has just started in the last year in most areas, and can help you save if you're tempted to spend too much shopping in the store. To take advantage of this, you shop online (using the Kroger App or Kroger Website), and order your groceries ahead of time, then drive to the store and pick your groceries are delivered to your car for you.
- Kroger offers your first three Kroger Click List trips for free, however after that you will pay a \$5 fee to have Kroger employees shop the store for you. At the time of this writing (while Kroger is promoting the ClickList heavily) there are several bonus Kroger ClickList coupons offered in the Kroger app (i.e., get a free box of cereal when you use Kroger ClickList.
- You can also use digital coupons when taking advantage of the Kroger ClickList, and while they will accept paper coupons as well, it will take you a little longer to check out as the employees will likely need to go inside to a traditional register to scan your coupons.

PUBLIX

- Publix has Publix store coupon booklets that come out frequently, so always check for those at your customer service desk. These usually include Publix store coupons which can be stacked with manufacturer coupons.



TIP: How do I know if Publix coupons in coupon booklets are manufacturer or store coupons? If the coupons in the booklets are Publix store coupons you'll see the words L.U.# at the bottom of the coupon.) You can "stack" those with a manufacturer coupon to get additional savings.

- Publix accepts local competitor coupons, however this varies by stores in your community. Each Publix store has a list on the front of the store telling which local stores that store considers a competitor.



TIP: Can I use a manufacturer coupon + a Publix store coupon + a competitor coupon all on one item? Publix will accept one store coupon and one manufacturer coupon per item, but you can use either a Publix store coupon or a competitor coupon on each item, not both. Be sure to watch to see which coupon is better – sometimes a competitor coupon may be a higher value than a Publix store coupon, so choose the highest value coupon available!

- Publix starts a new ad each Wednesday or Thursday, depending on your area. Typically your best prices will be on the Buy One Get One (BOGO) sales.
- Unless you're in a coastal region (Florida) store, you do not need to purchase two of the BOGO sale items to get the BOGO price.

- You may use one coupon on each BOGO item, so if you purchase two items included in the BOGO sale you may use a coupon on each of those items.
- In addition to their weekly sales ad, Publix also offers a Extra Savings Flier Advantage Buy Flier every two weeks beginning Saturday through the following Friday. These usually include store coupons that can be stacked with manufacturer coupons. Watch passionatepennypincher.com for updates on these.
- Publix also offers e-coupons that you can download via your phone numbers on the Publix website or Publix app. Go to publix.com click on the savings tab and then scroll to digital coupons to access those savings. You cannot use a digital coupon and paper manufacturer coupon.
- Publix does not have a storewide coupon policy, so their coupon acceptance can vary by store. If you're unsure of your stores coupon policy ask at your customer service desk.



TIP: Will Publix give me “overage” if my coupons are higher than my purchased item? Most Publix stores do allow “overage” after coupons. This overage will go towards your other purchases, and while people have actually been handed cash back after making a purchase like the scenario above, typically we always use it towards our other groceries!

ALDI

- **Aldi does not accept coupons, however they have fantastic pricing every day on their own store brands.** If you're trying to change your budget and don't have time to shop using coupons, you can drastically reduce your budget simply by shopping Aldi for groceries.
- To use a cart at Aldi you must pay a quarter for the cart (you'll get it back when you return the cart ~ this helps keep their prices low), and you need to bring your own bags or you'll pay 10¢ per bag to purchase their grocery sacks.

HOW TO USE COUPONS AT AMAZON

Amazon has two different types of “coupon” options that help you easily save online and often get prices that are as cheap or even cheaper than your local grocery store. (In fact, they regularly beat Walmart pricing if you watch for the Amazon scenarios we regularly share on Passionate Penny Pincher!)

While these won't be “extreme coupon” deals, they are **very good prices** and a great alternative to extreme couponing when you don't have too much time to spend clipping coupons and watching the sales ads.

Amazon offers “Amazon Subscribe and Save” offers (which are available to Amazon Prime Members as well as non-Amazon Prime Members).

However, [Amazon Prime](#) may be worth the expense if it keeps you from spending extra money at the grocery store on items you don't necessarily need. (If you struggle with impulse buying at Walmart or Target, Amazon Prime might be a worthwhile expense for you as it keeps you away from the Target dollar bin section.)

Here's an overview of how the Amazon Subscribe and Save and Amazon Prime Pantry programs work:

How to save money using Amazon's Subscribe and Save program

1. Always watch for the lowest price on subscribe and save items. The Passionate Penny Pincher team posts the best deals at Amazon as soon as we see price drops ~ make sure to watch for our daily email updates so you never miss a deal!



Save up to 20%

Subscribe & Save
Energizer AA
Batteries & AAA

Clip Coupon

Discount on first order.



Save up to 20%

Subscribe & Save
Bounce Fresh Linen
Scented Fabric

Clip Coupon

Discount on first order.



Save up to \$2.00

Subscribe & Save
Tide PODS Liquid
Laundry Detergent

Clip Coupon

Discount on first order.

2. Watch for additional coupons available on those items. Some coupons are ONLY good if you're subscribing to an item – see all the Amazon Subscribe & Save Coupons [HERE](#).
3. Once your order has been delivered, you can cancel your subscription completely or skip your next delivery. I recommend this because Amazon's pricing can change each month (although Amazon will send you an alert email prior to sending out your next subscribe and save shipment.)



BIC Xtra-Sparkle Mechanical pencil, Medium Point

by BIC

\$3⁶⁴ **Subscribe & Save**

Save more with monthly Subscribe & Save deliveries.

\$3⁶⁴ ~~\$12.80~~ **Add-on Item**

Add to a qualifying order to get it by **Sat, Sep 8**.

More Buying Choices

\$0.01 (95 used & new offers)

4. Give yourself plenty of time to cancel your subscription. I typically choose to have my deliveries sent every 3-6 months – that way I have plenty of time to cancel the subscription if I no longer need it. You may want to put a reminder in your phone so you will not forget.

For more ways to get the best prices using Amazon Subscribe and Save, visit PassionatePennyPincher.com daily as we update with new Amazon deals several times each day.

How to get Amazon Prime for free

If you'd like to take advantage of Amazon Prime but don't want to pay for it, here are a few ideas on how to get [Amazon Prime](#) for free:

1. Wait to order from Amazon until you have \$25 worth of items to order.

The only problem with this option is that many of Amazon's "deals" go fast, so you may miss a good price on something you've been looking for if you wait too long. So, if there are things you need to stock up on (think toilet paper, foundation, paper towels, books, etc.), add those to your "wish list", then wait until an item goes on sale and add those to your cart. Easy way to get a great deal and take advantage of free shipping on other items you need anyways!

2. Take advantage of Amazon's subscribe and save.

All subscribe and save items (even those that are less than \$49) offer free shipping. This includes any "add-on" items that are available as subscribe and save items, and is such an easy way to save on things that often drop below the Walmart price.

3. Share Amazon Prime with a neighbor.

If you have a neighbor who regularly orders from Amazon, consider getting a membership for just one neighbor and then splitting the prime membership costs between two people. Only the person on the account will get the added bonuses (free movie streaming, free monthly books, free photo storage, etc.) but you can both enjoy free shipping for a year for just half the price.

4. Share Amazon Prime benefits with a family member.

If you have a family member who has Amazon Prime, you can have up to two adults on one account AND up to four kids on that account (however kids can't make purchases.) If your parents or adult children have Amazon Prime, share it between two email addresses and both get free delivery!

5. Try Amazon prime free for a month.

Amazon allows new Amazon shoppers to get a [one month free Amazon trial](#). The best time of the year to take advantage of this is during the Christmas season or in July (when Amazon has their huge one day "Amazon Prime Day" sale.)

6. Use Amazon student.

If you're a college student or have a college student, take advantage of [Amazon Students](#) and get a free 6 month trial, plus a free \$5 referral credit for each referral you bring! Once the free trial is over, Amazon Students can renew at a discounted rate – \$59 instead of \$139.

7. Don't forget that some items always ship for free at amazon.

There are some items (typically those from overseas), that almost always ship free for Amazon, so look for the words "free shipping" next to the price. Typically it takes longer for these items to get here, but I've ordered several of them and gotten my orders without any issues.

BONUS SAVINGS TIPS

How to **really** start saving

- Using coupons and shopping the sales ad will help you begin to save hundreds of dollar each month on your grocery budget, but changing the mentality behind your shopping ultimately matters more than anything else.
- Be willing to try different brands if there's a great price on them.
- Consider skipping purchasing paper towels for a few weeks and use rags instead.
- Use grocery sacks in place of trash bags in your bathrooms to save on the numbers of garbage bags you purchase each month.
- Try cleaning with vinegar and water instead of spending on costly cleaning supplies.
- Purchase only produce and meat that's on sale each week when going to the store, then plan your menu plan accordingly.
- Simply be willing to think outside the box.

I promise, you can save literally hundreds of dollars when you begin to use coupons, but your savings will drastically increase when you consciously look for additional ways to save each time you shop. Decide what items are true necessities for your family, think of ways to save on every item you purchase, and determine today to completely take control of your grocery budget forever.

COUPON LINGO

\$1/1 =	One dollar off one item
\$1/2 =	One dollar off two items
2/\$1 =	Two items for one dollar
B1G1F / BOGO =	Buy One Get One Free
Blinkie =	The little machine on the shelf that dispenses coupons
CAT =	Stands for Catalina, a coupon that prints out at the checkout
ECBs =	Extra Care Bucks (CVS Reward Program)
DND =	Do not double
FF =	FireFox (type of web browser, use to determine which link to print from)
IE =	Internet Explorer (another type of web browser, use to determine which link to print from)
IPs =	Internet Printable (Online printable coupons)
MIR =	Mail In Rebate
MQ =	Manufacturer Coupon
NED =	No Expiration Date
OOP =	Out Of Pocket
OYNO =	On Your Next Order
P&G =	Procter & Gamble (Newspaper insert in Sunday's paper)
Peelie =	Coupons that are found/attached onto the product
Hangtag =	Coupons found hanging from product (usually found on jars)
Winetag =	Coupon that usually can be found hanging on bottles of wine
PSA =	Price Starts At
Q =	Coupon
RRs =	Register Rewards (Reward program from Walgreens)
SS =	Smart Source (Newspaper insert)
Tearpad =	Pads of coupons found in the store
UPC =	Universal Product Code, barcode found on a product
WSL =	While Supply Lasts
WYB =	When You Buy
YYMV =	Your Mileage May Vary (some deals are allowed in some stores while others are not)