



NORTHEAST REGION

Grocery and Household Items for Free or Close to It

Razors, deodorants, shampoo/conditioner, lotions, bath/face wash, feminine products, gum, aspirin, makeup, vitamins, medicine (Benadryl, Advil, etc.), cough drops, band-aids, sponges, toothpaste, toothbrushes, floss, cleaning supplies, foil, batteries, most diapers & wipes, travel-sized items, cereal, cheese, sour cream, hotdogs, yogurt, canned soup, chips, gummies, snacks, candy, cookies, crackers, pretzels, pet food, drinks, salad dressings, ketchup, BBQ sauce, snacks, rice, pasta, pasta sauce, boxed potatoes and mac & cheese, cat treats, baby snacks - sometimes (Gerber, Beechnut).

Couponer from New York – “I can often find all of the travel-size health and beauty products which Hip2Save lists for free after coupon and/or with a sale. As far as food, however, it’s rare that we can get anything for free, but we are able to get great deals nonetheless!”

Grocery and Drug Store Chains Most Frequented

Acme, Aldi, BJ’s, Genuardis, Giant, Giant Eagle, Hannaford, Weis, Karn’s, Pathmark, Price Chopper, Shoprite, Tops, Wegmans, Target, Walmart, Kmart (not worth mentioning, according to one couponer), CVS, RiteAid, Walgreens, Kinney Drugs, Roche Bros (in MA), Stop and Shop, Shaws, Waldbaums, Whole Foods, Babies R Us (for clearance NON-baby items only)

Good Deals – Single or Repeat Offers - & Stores for Deals

Acme: Couponer from Pennsylvania – “I’ve been able to get cereal for free or cheap when paired with a sale and a coupon. Acme doubles coupons as well up to \$.99.”

Giant: Couponer from Pennsylvania – “I can always get wacky mac for free: There are always \$.50 coupons out there, and Giant a lot of the time will have it on sale for \$.99. Giant doubles coupons up to \$.99 (so the most you can get off is \$1.98!!) so I am able to get this item for free. A few times a year, Giant doubles \$1 coupons!”

Giant and Acme: Couponer from Pennsylvania – “Both Giant and Acme double coupons up to \$.99, but the difference between Giant and Acme is that Acme gives you overage. For instance, a few weeks ago Quaker Oatmeal was on sale for \$1.25, and I had a \$.75 coupon. Acme doubled that to \$1.50, and I got \$.25 in overage! I could go on and on... ☺”

Giant and Weis: Generally have lots of Buy One, Get One Free items. When paired with two coupons, the items are practically free (Kraft cheese, General Mills cereal, Oscar Meyer, Hillshire Farm, etc.)

Giant Eagle: Experienced couponer from Southwestern Pennsylvania – “I’ve been able to get rice, foil, and band-aids for free. I consider cereal a great deal if I can get it for under \$2. Example: General Mills



NORTHEAST REGION

usually goes on sale for 4/\$10 – lately there have been \$.55 coupons on single boxes so, once it doubles, I’m getting the box for \$1.40. The store where I shop doubles coupons up to \$.99 so you can score some good deals paired with sale items.”

Giant Eagle: Couponer from Pennsylvania – There is only one site that lists Giant Eagle deals near me: moneysavingsmom.com/store_deals/category/giant-eagle. Repeat deals:

- *Apple&Eve Fruitables - often go on unadvertised sales for 2/\$4 paired with a \$.50 coupon that doubles so only \$1 (stock up price, though there is currently a \$.75 coupon which would make them only \$.50)
- *Contadina pizza sauce - often goes on sale for 10/\$10 instead of \$1.79. On the store’s website: \$.75/3 coupon which doubles for only \$.50/can (stock up price); usually on sale every 8-12 weeks
- *Vlassic pickles – on sale for 2/\$3. Use \$.55 coupon on 1 making \$.40 jar (stock up price if you can get your hands on a few coupons)
- *Ronzoni Smart Taste pasta - almost always on unadvertised sales, though wait for 10/10 sale (once a year) or 2/\$3 sale and use \$.75 off one which makes it free (stock up price)
- *Market Express salads - on sale for \$1 bag about once every 6-8 weeks
- *Betty Crocker Warm Delights - Normal price is 1.99 but, paired with a \$.75/1 coupon, makes them only .49 after double (stock up when coupons available)
- *Ragu pasta sauce – on sale 4/\$5. Use \$1/2 coupons; makes them \$.75 jar (stock up price) sales every 2-3 months
- *Wishbone salad dressing – on sale 2/\$4. Use \$.75/1 coupon; makes only \$.50 each (stock up price) every 2-3 months
- *Betty Crocker instant potatoes – on sale 10/10 (pouches). Use \$.40/1 coupon so only \$.20 pouch (stock up price)
- *Juicy Juice bottles (1.5L) on sale 2/\$3. Use \$1/2 coupon; only \$1 bottle (stock up price)
- *yogurt - always some kind on sale; super cheap/free with double coupons
- *cheese (Kraft/Sargento) on sale between \$2-\$2.99. Use \$.75 coupon & make between \$.50- 1.50 pack (stock up price - does not happen very often)

Price Chopper: Always has deals like Buy One, Get TWO FREE, including kielbasa, hotdogs, sausage, cheese, bread, & cookies. This store has great deals: 4 boxes of cereal for \$6. This week, I bought two items each of Aunt Jemima pancake mixes, syrup, and Life cereal and paid just over \$3 for everything – using coupons. The only store which doubles up to \$1 in one couponer’s area. **Couponer from New York** – “I use Price Chopper only a few times a year. This store puts Crystal Light lemonade on sale for 2/\$5 (currently on price cut through July 4th) – and when it’s on sale, there is often a coupon (right now \$1/2). It’s not a great deal, but we drink it all the time, and it’s the best deal in the area. So when there is a coupon and sale price, we stock up like crazy. Price Chopper has been having a deal (just had it the



NORTHEAST REGION

second time this year last week) where you buy five participating Quaker products and use in-store coupon for \$3 off. This store will put all Quaker products on sale so – with coupons – I can get them for less than \$1/item.” Semi-experienced from NH – “Repeat deals on dressings in the Produce section such as the Marzetti kinds, salsa, guacamole, cereals, yogurt – you can usually always pair some kind of a sale with a coupon to get a deal on these items there. It helps that they double coupons, makes for a LOT more deals!”

Price Chopper and Hannaford: Couponer from New York – “These two stores each rotate sales – usually one has ground beef or boneless chicken breasts on sale for \$1.99/lb (normally \$3.60+/lb). I NEVER pay more than the \$1.99/lb. When it’s on sale, I always buy a few lbs for the freezer.”

Tops: Free or close to free – every few weeks - Gorton seafood items – priced at 50% off & with the use of coupons ; every other months, Green Giant Steamers & Birdseye frozen veggies for \$1 – and, if I can get some of the \$.50/1 coupons in a trade, then the items are free after doubling of the coupon; every few months, General Mills & Kelloggs cereal go on sale from \$1.69 to \$1.99, and I often find \$1/1 peelies; occasionally potatoes and whole turkeys go on sale for \$.29/lb.

Wegmans: I get the same deals except any time a \$.75/1 Ronzoni Smart Taste Pasta coupon comes out, I get free pasta after doubling as the store’s regular price is \$1.49; I also get free 32-load Green Works laundry detergent with the \$3.00 IP (internet printable) coupon because the regular price is \$2.99.

Target, Wegmans, and Tops: Wegmans and Tops – Great for grocery shopping, and Target for household shopping. In one couponer’s area at least, Wegmans and Tops double manufacturer coupons up to \$.99. Every few weeks, Tops puts several coupons in the flyer so that you can double \$1 coupons, and using those I generally get some really great deals.

Tops, Aldi, and Wegmans: All offer double coupons up to \$.99

Roche Bros (a Massachusetts-only chain): On Tuesdays until June, that this store will double up to five \$1 manufacturer coupons (plus they already double any coupons under a dollar). Roche Bros tends to be a bit more expensive on average, but I’ve been going in every Tuesday and making out with some great deals when I combine my coupons with sales.

Stop and Shop, Shaws, Target, Walmart: Stop and Shop and Shaws – Double all manufacturer coupons under a dollar in my area (MA), so I try to look at their circulars and see what coupons I can pair with sales for some inexpensive stuff. Walmart and Target here do not have large grocery sections, so I don’t shop at them very often (sometimes if I’m stocking up on dry stuff, I’ll head there).

Waldbaums: I am often able to get Huggies wipes (64-72 count tubs) for \$1. This store often has them on sale for \$2 to \$2.50. Huggies issues lots of \$.50 to \$1.00 coupons, which my store will double if it’s up to \$1.00 (but not \$1 or over).



NORTHEAST REGION

CVS: My best bet for household/personal items. Once I got a decent amount of Extra Care Bucks (ECBs) - about \$20, I can get a ton of household items free when I combine coupons, the \$5 off \$30 CVS coupon that usually prints out at the machine, and ECBs. Usually I can get toothpaste, razors, deodorant, hair color, toothbrushes, and that type of stuff for free.

CVS & Walgreens: My favorite part about CVS compared to Walgreens is that I always have a \$5 off \$30 CVS coupon (either from the Magic Machine or in my email) – so I can get some great deals on personal items and then buy some necessities that I need that might not be on sale (like milk) but still get essentially free after the \$5/30 coupon. Also, at my CVS, this store will take expired CVS coupons and ECBs (not manufacturer coupons) which is wonderful and one of the reasons I prefer CVS over Walgreens.

CVS & RiteAid: Wait until it's a Buy One, Get One Free (B1G1) store sale for CoverGirl and Revlon makeup, and then use B1G1 free coupons from the newspaper.

CVS, RiteAid, & Walgreens: Couponer from New York – “I loathe Walgreens! Between CVS and RiteAid, I can get almost all of my health and beauty products for free as one brand or another is offered for free or close to free each week, if not every other week.”

Target: Couponer in Pennsylvania – “Lately at Target, I have been able to get Dove Ulimite Clear deodorant for \$.49 – when paired with a sale, store coupon, and manufacturer coupon.” Another couponer from PA – “Vitamin water - \$10/10 - use \$1/2 coupons; Sobe Lifewater - 10/10 - use BOGO coupons; Swiffer - usually on rollback and use Buy starter kit get refill for free (note: refill is for any size so get the largest, helps offset starter kit price) also pair with \$2 off starter kit coupon; tissue - \$1.29 (Scotties) use very rare \$1/1 coupon from the store's website.”

RiteAid, Target, Walgreens: Couponer from Mid-Atlantic region of the Northeast – “I generally get personal care items for free or less than \$1/item and diapers at extremely low prices – shopping primarily at Walgreens and also at RiteAid and Target.”

Walgreens: I am able to get multiple items for free thanks to ALWAYS checking with the Beauty Advisor. We have become very friendly. When I walk in, she asks me about what deals I am shopping for. Even better, she gives me samples and coupons each time too! Make friends with your Beauty Advisor!

Relatively new couponer – “Nearly every week, a given brand of razors or shaving cream is free after Register Rewards. Combine it with a coupon, and it's constantly a moneymaker.”

Walgreens & RiteAid: Personal care products and snack items go on sale pretty regularly.



NORTHEAST REGION

RiteAid: Couponer from the Buffalo area – “This store has the best deals on Covergirl (Buy One, Get One Free – BOGO – on a rotating basis) and other makeup.” **Another couponer** – “I always get free Covergirl makeup with BOGO coupons and BOGO sales. I also get repeat deals on Nature’s Bounty. This store seems to repeat the deals the most often!”

At my area grocery stores: Free frozen vegetables, sour cream, frozen lunch items such as HotPockets, single-serve pizza, pasta, seasoning, and a good price for cereal (with coupon, \$.60 to \$.90/box).

Grocery and Household Items Not Discounted or Barely Discounted

Meat, produce, and organic products

The hardest thing to get a deal on is toilet paper! The sale price of under \$5 for a multi-packs is the best deal I can find. Sometimes, it costs less to buy a single pack – and I always check clearance.

It’s hard to find deals on produce. I have a huge garden and grow most of my own veggies. Last year, I started canning, freezing, and drying – and I made it through almost the entire winter without purchasing overpriced and not so fresh produce!

I have had trouble finding Neutrogena’s Men’s shaving cream for a discounted price but maybe that’s because I’ve only been doing this for about three months.

It’s hard to get trash bags and food storage bags for a discounted price. I usually don’t buy anything without a coupon – but some products are hard to get for free... like toilet paper, paper towels, hair dye, baby powder, and aloe vera gel.

I can’t think of very many things that I can’t usually find coupons for. I do, however, know that our prices are WAY higher than most areas. When I hear of some sales at grocery stores that have Pillsbury rolls for \$1, I know that would be a dream come true. Our groceries are very high, and it is hard to get a ton of grocery deals at the stores we have. I, however, buy what is free or VERY close to it. One other thing to note is that our clearance always seems to be behind other areas. Our Walmart stores especially never put holiday scented stuff on clearance. I was just there about two weeks ago and they still had all ha of the Christmas-scented air-freshener items at regular price when I heard reports SEVERAL months ago of other areas getting the items free after clearance and coupons.

Newcomer to couponing from Massachusetts: “Pickles, produce, meats, frozen foods, juice and other beverages...”

Couponer from New Hampshire: “I have a hard time finding good deals on Brita filters, cheese, milk, produce, and meats (not lunch meats).”



NORTHEAST REGION

Couponer from the Mid-Atlantic region of the Northeast: "I am unable to get meats and produce at a low price in the grocery store. Fortunately, we have a year-round produce stand so I go there to get produce at a MUCH reduced cost. I leave there with a box full of produce and only spend about \$10-\$12. Check out your local farmers markets and find out if they are open year round to save a bundle!"

Couponer from New York: "Most of my groceries, unfortunately, I have to pay full-price for. I have health and diet issues so am very limited to what I can eat, and most coupons are for processed foods which I can't eat. Almost everything else I can get a deal on so I try to save my money there."

Couponer from New York: "SODA! My husband brings a can to work everyday, and all of the deals posted online for soda sales are never offered here. For example: CVS might have 12 packs of soda at 5 for \$10 or something after Extra Care Bucks or what not. HERE, the deal will be 3 for \$10 or worse."

Couponer from New York: "I never get good deals on produce so we started growing a garden in the summer months, and I always plant more than we need and then freeze and can. Never get the great deals on diapers that are available elsewhere."

Couponer from Pennsylvania: "I am typically unable to purchase milk, fresh fruit and veggies, and meat at discounted prices at grocery chains. There are a few produce places around here where I can get cheap fruit and vegetables though. And as far as meat, when there is an awesome sale, such as boneless, skinless chicken for \$1.69/lb, I stock up!"

Couponer from Pennsylvania: "At Giant Eagle, where I shop, it's hard to find sales on pepperoni, milk, flour, oats (the old fashioned variety), yeast (PLEASE NOTE IF YOU HAVE SEEN A SALE OR A DEAL), and baking basics (sugar, milk powder, baking soda/powder, cocoa, chocolate chips)."

Experienced couponer from Southwestern Pennsylvania: "I think specialty food items are tough to get a sale on. I have a child with a peanut allergy so I buy him Sunbutter (made with sunflower seeds). I never see coupons for this here, but I know they exist since I have traded for them."

Tips for New Couponers

Keep yourself organized! The more coupons, rebates, etc., that you start to collect and the more deals that come out, the harder it is to find the coupons and get the deals if you do not stay on top of things. I have learned this the hard way and actually took a break from couponing for six months because I was so overwhelmed and our money was very tight then.

Get organized. FIND A PLACE for your coupons that is SAFE and will not be added to the recycling bin! Share with friends, family, and co-workers. Leave ALL coupons together for that month and only cut out



NORTHEAST REGION

what you are SURE you will use. Then label each bunch of coupons with the date from Sunday so you can find them when Hip2Save or another blog posts a deal.

Know your stores' coupon policies and just the general rules for coupons inside and out! This will give you the confidence to speak up when a cashier tries to pull a fast one or deny you the use of your coupons. I used to get so discouraged when a cashier said no and I kept my mouth shut and would often miss out on a great deal because I didn't do my research and I was not confident enough to let them know (politely and calmly) that they are incorrect.

Do your research before you go to a store – know the store's coupon policy, etc.

Trade! Trade! Trade! I highly recommend making a detailed wish list of coupons (be as specific as possible on denominations and brands) and post the list on couponing sites, such as afullcup.com and weusecoupons.com, which allow trading. This way, you can get the coupons which you want and trade the coupons which you don't need.

Stock up when there's a good sale! Pair sales with coupons, and definitely use Internet printables! I know many people who only use the insert coupons and they miss out on so many deals. If I had to choose one or the other, I'd go with Internet printables because you can choose which coupons you're getting and can plan better in advance knowing what items you're looking for.

Be patient! Wait for store deals to couple with coupons. Price shop stores – a good deal could be a great deal at another store.

Be patient and wait for items to go on sale that you just clipped coupons for. Use your friends as resources for swapping coupons and hearing about where they found the best deals on sale for the week and what coupons they used.

Read Hip2Save daily! This was one of the first site I came upon when I started couponing and it helped a lot.

Know your prices so you know what is a great deal. Check local newspapers for coupons as well as sites like coupons.com, redplum.com, smartsources.com, and target.com. Know your stores' coupon policies since occasionally the cashier may not be familiar with the store policy and sometimes will give you the wrong information.

If you're a new couponer: Stick with it for at least two months and follow at least three blogs; they often have different coupons or deals. Also, try to find a blogger who is regional to you – this person will have a better grasp of actual prices/savings than a blogger who lives clear across the country.



NORTHEAST REGION

If you're a new couponer: When it comes to clipping coupons, DON'T – at least not at first. Just save your weekly inserts and put the date on the front with a sharpie marker. Use Hip2Save's store sale guide for the week and for the store you have chosen (i.e., CVS) and then let Collin do the work for you. She tells you exactly where to get all the coupons – either online or which insert. Follow this routine until you're comfortable and have developed a system that works for you, THEN start clipping your coupons and organizing them as you wish, and add more stores to your weekly shopping.

Plan ahead. Read as many couponing blogs as you can; make lists; go in armed with coupons; be 110% prepared. Just because you have a coupon doesn't make the item a good deal. Sometimes the store brand is actually cheaper. Look at the shelf tag, if there is one: It will have the price per ounce/per pound on it. Compare that to the store brand and see if you're actually saving money.

Try to go on Sunday. If you wait until the middle of the week (I've found this to be especially true at Walgreens), you are definitely going to find some empty shelves where your sale item was supposed to be.

If you think you don't have 'time' to coupon, look for times when you are doing other things anyway. I've clipped many a coupon on long car rides when I'm not the driver. Other good times are when you're watching TV or sitting on the toilet!

If you're new to couponing, go a little crazy with all the deals. Then slow down and write a list of the things you're shopping for. Match up deals and things you want or else you'll have cupboards full of stuff that'll last you long past their expiration dates. Get a good supply in and then just shop when you need something or it's free.

Have fun! If you're not having fun, then what are you doing it for? It's nice to save money, but when coupons start taking over your life, then it's time to sit back and take a break for a while. You're saving all that money so you can have money (and time) to do the things you like to do!

Stockpile! While it may not seem like you need 10 things of toothpaste, it is better to stock up when it's on sale than pay full price when you run out. Don't get intimidated if a cashier won't accept a coupon. Nine out of 10 times if I tell the cashier to call a manager over, the coupon will be accepted (as long as you are using the coupon for the correct item). Plan ahead for your shopping trips and stick to what's on your list. Planning ahead saves me a ton of money because I am able to pair coupons with sale prices ahead of time so I don't get overwhelmed once I get to the store.

Walk through every aisle and check for discontinued items – paired with a coupon, the item could be free or a moneymaker!



NORTHEAST REGION

Don't use your coupons as soon as they come out, unless there is a sale. Typically a sale occurs after the coupon has been issued and circulated for a bit.

Be flexible! To get the best deals, it is helpful to not be tied to a specific brand of an item. It pays to take an hour on Sundays to plan out your shopping for the week – you'll save a ton! Without being a deal-hog, it sometimes pays to purchase an item you won't necessarily use, but that you can donate to a food pantry or women's shelter. I like to use these items as fillers to get my \$/\$\$ at RiteAid, CVS, etc.

Don't be afraid to try new brands if the deal is good. Definitely have a separate email account to sign up for coupons sale notifications. It helps keep the clutter down....

Make a menu based on sale/coupon items for the week.

Learn how to 'roll' ECBs (Extra Care Bucks) and combine them with coupons at CVS. After about 3 weeks, I was able to build up a base of about \$20 in ECBs – and now I roll those and only spend \$1-2 every week or two for TONS of free stuff!

Take advantage of grocery stores that double coupons (especially those that will double \$1 coupons!). Check your local store for its coupon policy, and compare the circulars each week to see where your best deals are. Hit the stores throughout the week while you're in the area.

Make sure to keep your coupons with you! I keep a separate bag with my coupon organizer in my car. I bring it inside on Sundays while I organize and look through the circulars, or when I'm going through Hip2Save deals, but there are plenty of times I'll need to run to the grocery store after work for a few things. It's so helpful to have your coupons in the car with you for unexpected trips!

For fresh or raw food which typically doesn't have coupons attached, check out the bulk bins (which are usually cheaper than buying packaged items). Also, try growing your own veggies.

I look at the store ads online and separate the food by category and make my list that way. I'm brand loyal on certain things but more open on others. This saves a lot. I don't let nasty cashiers or people who are in a rush behind me bother me. When I went shopping on Saturday morning, not many lines were open. I handed the cashier my fistful of coupons and she gave me a look and the nasty lady in back of me started saying all sorts of things under her breath. After the cashier was finished ringing me up, I had saved \$158 and paid out of pocket \$149. I just smiled at the both of them and said out loud to my two-year-old: 'Look, baby! Mommy just saved \$150. Daddy will be so proud!'

New Couponers: Biggest Challenges

Trying to sort through all the information (ads, coupons, special sale flyers) to find the best deals.



NORTHEAST REGION

Knowing when to use a coupon and when to wait.

Understanding how to use deal scenarios such as Register Rewards.

Understanding the terms that the other couponers use and I'm not sure if I'm getting good deals.

How to get organized.

For me, it was the *%\$ coupon-to-item ratio at Walgreens. It took me some time to get used to that silly rule!

Dealing with stores and cashiers that don't honor their own coupon policies.

Figuring out all of the logo (BOGO, etc.); figuring out a place to store the coupons; deciding which coupons to keep or toss. There are some that I have tossed only to see a few weeks later that there is a great deal with the use of them.

Finding time to cut, fold, and organize coupons. Then finding time to figure out what deals I want to take advantage of. Once I get to the store, sometimes I have really big issues with trying to use the coupons.

New couponer from Albany/Glens Falls , New York: "My biggest challenge is probably finding deals! It seems that very few coupon blogs help out when it comes to shopping at grocery stores in the Albany NY area. I've never seen a Publix, Meijer, or any other store which seems to have deals all over the place... and the stores which I DO have (Hannaford, Price Chopper) simply aren't featured on the blogs I frequent. Also the prices which are posted in order to get 'free' things at places, like Target and Walmart, typically aren't free where I am. In fact, many things end up being a dollar or two more here. Example: Nivea body wash near me is \$6! No free body wash for me."

New couponer from New York: "It took me a while to find blogs that did coupon match ups for the grocery stores in my area. Also, I'm not fond of things like 'Register Rewards' and 'Extra Care Bucks.' When I've gotten them, it seems that there are no good sales for me to use them on before they expire."

New couponer from New York: "My biggest challenge is grocery shopping. I have the cleaning and hygiene products down pretty well but can't quite make a huge impact on my normal weekly shopping. I find it hard to stockpile, considering my grocery stores around here double coupons."



NORTHEAST REGION

New Couponers: Questions

As a newcomer to couponing, what do you do to start? Should I be buying four Sunday papers like some people do to get more coupons? I don't want to feel too overwhelmed to begin with. So what should I do to ease into couponing?

What would be considered a good price to pay for staple items (soaps, toothpaste, etc.) if I can't get them for free?

How long does it REALLY take to get so you feel like you know what you're doing?

How do you find time to organize coupons efficiently? I only have one newspaper subscription, but I still end up taking hours. In addition, I am not sure what coupons to keep and what to discard. Therefore, I end up keeping all of them! This happens because I am not picky about what brand I get... if it's really cheap or free, I like to take advantage of the deal. If I can't use it, I make sure to donate it to someone who can!

What organizational system works for you? When cutting out coupons, do you keep the whole insert from the newspaper(s) or just clip the ones that you know you will use?

Is there a supplemental shopping trip, where you buy things you have to have but don't have a coupon or deal for? I find myself needing to run to the store for various things to finish a meal because I feel like I am not fully grocery shopping anymore.

As a 19-year-old college student trying to save as much money as possible, do you have any tips for me that will help me save and be frugal at this stage in my life?

I work 60+ hours a week and am a single mom. I would love to better understand the methodology others use to plan their shopping excursions, frequency, locations, etc. I also am always open to organizational ideas for coupons, stockpiling, etc. For instance, I tried using the binder method, like Collin, but found it difficult to keep track of which coupons were expiring and when. Now I'm trying the coupon box method to see if it works better for me.

Do you track your savings and see a difference in your monthly expenditures when you seek out deals, and how much do you really save? I think I might be spending more money – going to the store for every deal and ordering deals online!

How do you get your friends and family to support your couponing – and not tell you it's a waste of time and not worth it or look at you like you have three heads? 😊



NORTHEAST REGION

I'd like to see a list of price points (I guess this might be regional). For example, what do people who have been doing this for years think a good price is for things that are hard to get for free, like toilet paper and paper towels?

What percentage of your weekly budget is allotted for what? For example, what percentage of the weekly grocery budget is set aside for stockpiling or hygiene?