



Saving Money

Coupon World Breakdown:

Coupon Sources:

- Online print off: coupons.com, redplum.com, smartsources.com, target.com, Pillsbury.com, facebook, manufacture sites
- Papers: Try to get big city weekend paper
- Magazines: All You, parents, family fun, women's day, etc.

Money Saving Blogs:

Pennypinchinmom.com
Moneysavingmom.com
Commonsensewithmoney.com
Thefrugalfind.com
Thekrazycouponlady.com
Totallytarget.com

Online group deals:

Groupon.com
Plumdistrict.com
Eversave.com
Livingsocial.com

Online codes:

Retailmenot.com

Online search sites that pay a % of your purchase back:

Ebates.com
Shopathome.com
Cashbaq.com
Mrrebates.com

Online photo/scrapbook sites:

Hotprints.com
Picaboo.com
Snapfish.com
Shutterfly.com

Restaurants:

Restaurant.com (can search any city)
look for deal codes

Other Sites:

Nextag.com
Bizrate.com
Pricegrabber.com
Savings.com
Dealtaker.com
Coolsaving.com
Valpak.com
Allprintablecoupons.com
Thegrocerygame.com
Commonkindness.com
Jr.com
Hhphotovideo.com
Wisebread.com
Frugaldad.com
Wealthpilgrim.com
Liningonadime.com
Getrichslowly.com
Thecentsiblelife.com
Afullcup.com
Shop4freebies.com
Spoofee.com
Kidswott.com
Wott.com
Bzzagent.com



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The three S's of Saving:

1. Cents
2. Seconds
3. Sanity

Exchange system: Usually give from one area to save and stock in another area.

Stages of life require different perspectives in each resource quadrant.

Some secrets can save more than one at a time:

- quick and cheap recipes
- online deals
- smart couponing

The key is to find your personal balance.

Couponing: can be a winning combination
store coupon+ manufacture coupon
+ store sale = BIG savings!

Coupon organizing system - many different ones out there

Don't get sucked into coupon 'teasers'

- If it's not what you would normally buy or use, it's NOT a good deal for you
- "I saved 50%!!" "You could've saved 100%" if it's something you don't need...
- Great use for stockpiling items you use regularly
- Food storage/household items
- Can stockpile to open up money in budget for groceries that don't normally go on sale
- Store brands may be cheaper than coupon deals – look at the bottom line

Freecycle: Freecycle.org

- can post offer or wanted
- everything free
- everything local
- great resource for anything and everything

Time Trader:

- earn time dollars by doing things that you enjoy/are proficient in
- use time dollars getting any type of service that you need

Restaurant.com

- has certificates for local resaurants
- at end of month run specials 80% off (can get \$25 certificate for \$2-3)