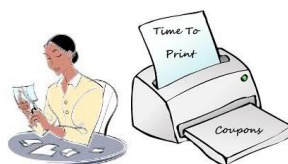


# Good2UGood4U: Healthy Couponing for Busy People Part 1

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We Accept  
Manufacturers'  
Coupons!



*Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. 3And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so. God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. Genesis 1: 29-31 NIV)*

Finding things in our world that taste good and are good for us can be challenging. Satan would have us believe it is impossible. God has given us an abundance of delicious spices, herbs, fruits, grains- just for you. Using coupons for real foods and healthy items is also possible. Be prepared to share hope for a better life with others with a coupon ministry.

1. Use coupons for only real food or natural household items you intend to buy.
2. Know your goals BEFORE you shop
  - ✓ Avoid products that fail my TMI rule ( Too Many Ingredients)
  - ✓ Avoid products with ingredients that sound too much like chemicals you cannot pronounce
  - ✓ Am I willing to make certain items from scratch? Is making it myself worth the time?
  - ✓ Is this coupon something that meets my health goals? If not, don't bother to cut it out
  - ✓ Is there a minimally processed alternative I can afford?
  - ✓ Is the store with the best deals worth the gas to make the purchase?
  - ✓ Will this product expire before I can use it?
  - ✓ Do I have space to stock up on sale/coupon deals before it expires?
3. Coupon Language Basics
  - ✓ **BOGO FREE** = Buy one get one FREE
  - ✓ **B2G1 FREE** = Buy two get one FREE
  - ✓ **B2G3F**= Buy 2 get 3 FREE (frequently found at Harris Teeter)
  - ✓ **Blinkie Coupons** = Grocery or drug store coupon dispensers with blinking light
  - ✓ **Peelies** = Sticker type coupon attached to a product
  - ✓ **Loyalty card** = Card you sign up and use for discounts on the items you buy most.
  - ✓ **IP**-Internet Printable Coupon-These are printed off of your computer to be redeemed in the store. You are usually allowed 2 prints per computer. NEVER photocopy internet printable coupons. They have unique traceable codes.
  - ✓ **ECB or ECBs** – EXTRA CARE BUCKS (CVS)
  - ✓ **STACK** – USE A STORE COUPON AND A MFG. COUPON ON A SINGLE ITEM
  - ✓ **Sunday Paper Inserts** : **RP**= Red Plum (comes out weekly), **SS** = Smart Source (comes out weekly), **P&G** = Procter & Gamble (comes out monthly)
  - ✓ **MFR**= Manufacturer. The company that produces the item. It can be used at any store that accepts coupons
  - ✓ **Store Coupon**= A coupon you can only use at the listed store. It is usually listed as "STORE COUPON" next to the expiration date

- ✓ **REDEEMABLE AT or AVAILABLE AT “STORE”**. Ok to use anywhere MFR coupons accepted. This is simply an advertisement for the store. Some stores will not accept any coupon with any other store’s logo on it, regardless of the MFR wording.
- ✓ **REDEEM AT “STORE”**. You can only use the coupon at this store. The only exception is if your store accepts competitor coupons like Food Lion.

4. Coupon Facts

- ✓ Coupons expire at 11:59pm on the date marked as the expiration date
- ✓ YES Coupons must have a visible bar code and expiration date information
- ✓ NO you may not photocopy coupons as it is illegal and considered fraud.
- ✓ Yes you can print coupons in black/white.

5. Who Accepts Coupons

- ✓ Grocery stores, Big Box stores (Wal-Mart, Target), Pharmacies ( CVS, Rite-Aid, Walgreens), Discount stores (Family Dollar, Roses), Dollar Stores (Dollar Tree, Dollar General)
- ✓ Warehouse stores (Costco, Sam’s Club) **DO NOT** accept MFR coupons- only their own store coupons

6. Coupons for fresh fruits and vegetables. Where do I find these gems?

- ✓ Target Cartwheel app, Food Lion, Whole Foods, Kroger, Lowes’ Foods, Dollar General

7. Who has online coupons loaded directly to loyalty card?

- ✓ Walgreens, Food Lion, CVS, Kroger, Lowes Foods, Dollar General, Whole Foods

P S S D D R A C Y T L A Y O L  
 A N E O L R H F H B N A M X E  
 P E L L S Z E F O O O A S T Z  
 E E B L L T R D P O N G I J P  
 R R A A E E N U E U D H O R T  
 L G T R E E O E F E W L I M P  
 E L E G E C H A I K M N I E M  
 S A G E U T C W C D T A E O Z  
 S W E N K T N A T A E L B Z N  
 T T V E U B L I B R I R T L M  
 I X W R R B A L R E A L G C E  
 U U E A K E E F S P Q C S N L  
 R R S L A C I M E H C S V C I  
 F A C E B O O K E I K N I L B  
 D O L L A R T R E E S T A C K

- FIND ME**
- BLACK WHITE
  - BLINKIE
  - BOGO
  - CARTWHEEL
  - CHEMICALS
  - COUPON
  - CVS
  - DOLLAR GENERAL
  - DOLLAR TREE
  - FACEBOOK
  - FOOD LION
  - FREE
  - FRUITS
  - HOPE
  - INGREDIENTS
  - LOYALTY CARD
  - MANUFACTURER
  - PAPERLESS
  - PEELIES
  - PRINTABLE
  - PRINTER
  - REDEEMABLE
  - STACK
  - VEGETABLES
  - WALGREENS



**NEXT MONTH: Good2UGood4U Healthy Couponing Part 2:  
 Going paperless, Coupon Stacking Skills & Where to find healthy coupons**

