How to Save on GROCERIES

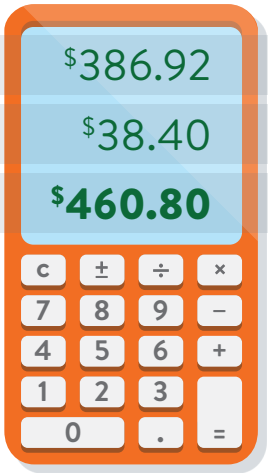
IT'S A MONEY THING®

COUPON CLIP
YOUR WAY TO SAVINGS

Check for store or product coupons ahead of time to save major bucks

Groceries cost American households	$386.92	a month
An average family using coupons can save	$38.40	a month
That's a potential savings of	**$460.80**	a year





NEXT-LEVEL COUPONING!

SAMPLES



Always sign up for a free sample. In most cases, your freebie will also come with coupons for significant savings and discounts on other related products.

SOCIAL



Like your favorite brands on Facebook and follow merchants on Twitter. Many brands reward their loyal customers with exclusive offers, so you'll stay up to date on contests and giveaways.

HOMEWORK



Hard work pays off when it comes to couponing and saving money. Do online searches for the best price and search for coupons from grocery stores as well as from product companies.

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DO NOT PUT DOWN YOUR SMART PHONE



GROCERY LIST

Before hitting the store, download a list app or use the built-in notes app to make a list of items that you intend to purchase. Stick with your list to avoid overspending.

COUPONS

Use your web browser or specialty coupon apps to search for grocery store and product coupons.

CALCULATOR

Your phone does math! When in doubt, use the built-in calculator to figure out unit costs.

COMPARISON

Not sure if you're looking at the best price? Use an online shopping app or your web browser to compare prices before buying.

REWARDS

Most grocery stores have loyalty programs and many have companion apps that track your points and serve up tailored offers.

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