

Coupon Inserts

Newspaper **coupon inserts** are a great source of coupons.

Coupon inserts are a mini stack of coupons. You can find \$6.00 to \$20.00 worth of coupons in an insert.

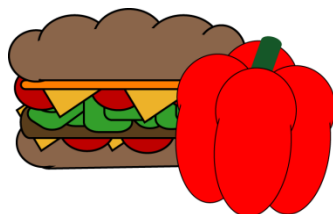


1 Find out when your local newspapers distribute **coupon inserts** and local weekly specials.

Local newspapers usually put **coupon inserts** along with weekly specials in the Sunday newspapers.

Some local papers also offer grocery store coupons for local stores in their mid-week newspapers. These may be available Tuesday, Wednesday or Thursday. These are the coupons and weekly specials for local stores.

2 Compare the newspapers in your city.



Before subscribing to a local Sunday newspaper, compare the **coupon inserts** in your local papers. Not every newspaper has the same **coupon insert** in a city.

You can look at different newspapers at your local store, library, book store or coffee shop.

3 Decide if you should subscribe to the local newspaper.

You may be able to subscribe to only the weekend paper. You may be able to get the **coupon inserts** in other ways.

Who are the major companies that provide coupon inserts for the newspapers?

Here are four companies that provide coupon inserts:

- SmartSource
- Vlassis
- Valpak
- PGBrand Saver

These companies often have websites where they post most of their coupons.

Double Your Savings

Use coupons when buying items on sale in your grocery store.

You save money with the coupon and also save money with the local sale.

Find stores that offer 'double coupon savings'.

You may be able to double the value of your coupon!

Where can I get **coupon inserts** without subscribing to the newspaper?

- **Family and Friends.** There are people who don't want to clip coupons, but will save the **coupon insert** for you.
- **Public Places.** There may be newspapers and **coupon inserts** left in hotels, waiting rooms, train stations, coffee shops and restaurants.
- **Co-Workers.** Start a coupon sharing box at work. Ask co-workers to share their unwanted coupons by placing them in the box.
- **Recycle Bins** – you may find **coupon inserts** in your neighborhood recycle bin.
- **Grocery stores and gas stations.** Some stores will discount the price of the paper late in the day or toss the papers. Ask your local stores about their policy.

There will be days when the newspaper coupons are really valuable to you. There may be great coupons for foods that your family loves and eats.

It may be worth buying multiple copies of the newspaper that day.

Southwest Chicken Salad

Romaine or leaf lettuce
Canned Black or Pinto Beans
Tomatoes
Red onion

Rotisserie chicken or Baked chicken

- 1 Place 1 cup of chopped romaine or leaf lettuce on each plate.
- 2 Top with chopped tomatoes and red onions.
- 3 Rinse and drain canned beans. Place some beans on each salad.
- 4 Cut chicken into small pieces. Place chicken on each salad.



- 5 Serve with Southwest Ranch dressing (½ cup of low fat Ranch salad dressing and ½ cup of tomato salsa mixed together)

Organize your coupons

- Purchase a coupon organizer. They often have separate areas for different coupons.
- Or use large paper clips. Clip together different groups of coupons and place in a large envelope.

Always bring coupons with you –
Be ready to save money!



What can you do?

- Find more newspaper coupon inserts.
- Organize my coupons with a coupon organizer or large envelope.
- Combine coupons with store specials to save more money.
- Other: _____