

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Learn To Save By Shopping With Coupons

By Dana Bradley

You would love to save money by shopping with coupons, but with the whirlwind of Sunday paper circulars, online savings sites, and no filing system, it can be overwhelming just to find a place to start. Luckily there are many resources available to teach you how to find, clip or print, file and use the coupons that will be most useful to you and your family. Some are free and some may cost, though many cost based services will pay for themselves in a short time if you follow their methods.

Did you know there is a National Coupon Month? It's September, and it's sponsored by the Coupon Council of the Promotion Marketing Association Educational Foundation, Inc. At their website,

<http://www.couponmonth.com>

, you can find tools like a shopping worksheet (used to calculate your

coupon savings), and their "Clipping Tips," with easy steps you can take now to increase your coupon savings. They also have lesson plans for teachers to use in the classroom using coupons, and a guide for parents on teaching children with and about coupons. You can find tips on where to find coupons, too.

A favorite of the frugal,

<http://stretcher.com>

is a website dedicated to helping people stretch their

dollars. In addition to hundreds of articles on different ways to save, there is a section devoted to coupons that will help you use coupons from all sources.

CouponSense.com offers many different services to help people make the most of coupons, though they are available in a limited area. They have instructors and teach workshops on how to save money using coupons. They will send you information on current savings in your area, and they have

Learn To Save By Shopping With Coupons

message boards where members can share their latest finds. At the top level of services, they will create custom shopping lists for you based on the deals available in your area. If couponing is something you enjoy and become skilled at, you can even join their team as an instructor and make a little extra money to add to your savings.

At

<http://microblast.com>

, you can find their Computer Wizard software, which helps you sort your

coupons. Then you can search them by store, expiration date, amount of savings, and item, as well as other categories. You can also make shopping lists according to the coupons you have and print them to take to the store with you.

Dana Bradley writes about coupons for

<http://www.luggagebagsetc.com>,<http://www.OnlineShoesDepot.com>

and

<http://www.LuxuryHomeRemodel.com>

Tips For Finding More Coupons

By Gabriel Adams

If you're one of the many people who collect and use coupons to save money, here are a few ways to find even more money saving coupons. In this article, I'll list many sources you can check to find coupons.

Your Local Newspaper Subscribe to your local newspaper, and then check it each day for useful coupons. The Sunday or weekend edition paper will often have an especially wide selection of coupons.

Magazines Many magazines will feature coupons within their industry. You can even check your library to see which magazines have coupons that would be of use to you.

Newsletters Join the mailing list of your favorite companies. Companies will often include coupons in their newsletters. You can sign up for most newsletters on the companies website or at your local store. Some companies will automatically put you on their newsletter when you get a discount shoppers card. Of course, a discount shopping card is another great way to save money.

E-newsletters Just like paper newsletters, email newsletters often contain coupons or special deals. Just join the email news list of your favorite companies.

Learn To Save By Shopping With Coupons

Online coupon sites There are many sites on the internet that contain archives of online or printable coupons. Visit these sites to find some great money saving coupons.

Local coupon sites There are also many local websites that contain coupons for businesses in your local area - you can usually find these sites listed in your yellow pages, or call your chamber of commerce.

Shopping papers Many shopping newspaper type publications, such as Thrifty Nickels, will contain numerous coupons.

Grocery Store Don't forget to get coupons from your grocery store. Many stores have coupons various places throughout the store. Other stores print coupons on the back of your receipt. Either way, your grocery store is a great source of coupons.

<http://www.edealsuk.com/Cashback-Vouchers-coupon-codes.aspx>

|

<http://www.edealsuk.com/cheap-mobile-deals-uk.aspx>



This Free E-Book has been brought to you by Natural-Aging.com.



100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!