

# 101 Ways to Save Money

1. Print out this list. There are so many tips listed here that it will be easier to read & manage on paper.
2. Go through this list and highlight new money saving ideas that you haven't heard before. This will make it easier when you refer back to these tips.
3. Look thru the Sunday coupon flyers in your newspaper. Just quickly flip thru them just in case there is an incredible savings on a product you normally buy. Don't bother clipping out coupons under 40 or 50 cents (unless of course your store doubles or triples coupons).
4. Limit the amount of junk food items you buy. These items cost more and they aren't healthy for you.
5. If you live near an Aldi store, shop there to get the basic items you need for your menu. Most of the generic brands there taste just as good as the name brand items at a fraction of the price.
6. Do not bring your children or spouse with you for your regular runs to the grocery store. This saves money on excessive shopping splurges.
7. Buy 100 pre-stamped postcards from the post office for only \$21 and write to 100 addresses you find on your products at home.
8. Make a monthly planner of all the meals you will have that month. Then stick to your planner! Only buy groceries you have planned into your schedule.
9. If you are a subscriber to Freebie Coupon Corner Newsletter, check out the members website on a regular basis for more great money saving articles & information!!!!
10. Limit yourself to a set number of items you may buy that are NOT on your grocery list preferably one item per trip.
11. If you have to bring them with you, allow each member of your family to pick out ONE item not on the shopping list.
12. Buy quantity in Bulk. Try shopping at a Warehouse such as Sam's. Sometimes it costs a small membership fee, but you will likely save more than you spend.
13. Contact the manufacturer of a product. If you don't like the way it tastes, the cost or the quality be sure to let them know. Companies need to know how they

can improve their product. Be sure to ask for coupons when you call or write. This way you will save a little money for your trouble of calling and most companies will oblige you with at least small discount off of your next purchase.

14. Try becoming a Mystery Shopper. There is lots of information available on-line regarding Mystery Shopping.

15. Cut coupons. It may be tedious, but if you do it while you watch a movie or talk on the phone you will save money and enjoy yourself.

16. Use coupons along with a sale price. Often times you can save at least one third of the original price of the product this way. Sometimes, you can even receive a FREE item or be PAID to purchase an item.

17. Keep your eye out for TRY ME FREE REBATE FORMS. Just purchase the product, fill out the form, send the original upc along with the receipt to the address on the form. If you use a coupon on the product and the TRY ME FREE REBATE FORM, you can often be PAID to try their product.

18. Collect Your Sales Flyers!!

19. Bring a calculator to the store with you. This will allow you to know exactly how much you will be spending at the check-out.

20. Buy a decent coupon organizer to organize your coupons in. Freebie Coupon Corner will be selling beautiful handmade fabric coupon organizers in the future. Be sure to check our website to find out when they are available or e-mail me at: [freebie@couponcorner.net](mailto:freebie@couponcorner.net) to request me to notify you when they go up for sale.

21. Collect your coupons good for free grocery products that you receive from writing to companies in Freebie Coupon Corner Newsletter all in one spot. A recipe box would work nicely for this purpose.

22. Organize your coupons for free groceries by expiration date. This will help remind you to use them before they expire. Knowing from personal experience, I have let too many of these great coupons expire before using them & have missed out on some great free full size grocery hand-outs.

23. Eat a meal prepared at home before you leave to go grocery shopping.

24. Look on the bottom shelves in the grocery store for the best prices on items. In general, the closer to your eye level the product is the more expensive it will be.

25. Read the labels underneath each product. Check & compare the price per ounce.

26. If you subscribe, save your Freebie Coupon Corner Newsletter Back Issues so you can re-write to companies in the newsletter every 6 months.

27. Buy & experiment with new products. Companies love to receive feedback on how you like or disliked their test products! If the product is new on the market, the company is likely to send you a coupon good for another one free! They are trying to gain consumer loyalty.

28. Subscribe to Freebie Coupon Corner Newsletter. You will receive great tips on receiving FREE groceries throughout the year. You can either subscribe online with your credit or debit card at <http://www.couponcorner.net> (click on the credit card picture or the Subscribe button) or you can send \$11.50 for 6 months or \$19.25 for 1 year to Freebie Coupon Corner; PO Box 542; Oregon IL 61061

29. Shop somewhere like Super-Walmart where you can use multiple sales flyers from other stores. Buy all the sales you want from all the stores at one location. Some stores will match prices from other stores sales flyers. Bring the flyer with you.

30. Visit Freebie Coupon Corner's Website (<http://www.couponcorner.net>) often for more great money saving tips. Be sure to check out the monthly money saving article each month..

31. The easier the item is to prepare, the more expensive the item will be. Cook from scratch often.

32. Are you tempted to buy lots of items not on your grocery list when you are in a store? Then shop online. A great on-line grocery store is <http://www.netgrocer.com> The prices are decent even after shipping costs. However, there is still no way to use Sunday supplement coupons with your purchases.

33. Use your stale bread to make French Toast. Makes DELICIOUS French Toast.

34. Visit Valupage at <http://www.valupage.com> to print out web bucks. Web bucks can be used with sales and other coupons for BIG savings!

35. Sales Flyers can Be Deceptive. Take a month and do a comparison with grocery stores in your area. Take 20 items you buy on a regular basis and compare prices at several different stores. Add the total price of all 20 items from each store. Then compare prices. This is the easiest way to figure out which store will save you the most money in the long run!

36. Create your own coupon club. Trade coupons & rebate forms with other

frugal friends.

37. Make your kids homemade "happy meals" as a treat. Buy inexpensive toys (your local Dollar store is a good place to buy small surprises) & save past happy meal bags from McDonald's (or other favorite fast food restaurant). This is a wonderful treat for your child. It creates a great memory & best of all the meal will cost a lot less! Other ideas to make it fun : Let them decorate their own brown bags. Let them "order" from a homemade menu & use play money. Teach manners (please & thank-you & come-again) as well as reading off of a menu. To give yourself a break, allow your older children to be chef's and cashiers.

38. Print out a FREE grocery list at Freebie Coupon Corner's website:

<http://www.couponcorner.net/grocerylist/bodygrocerylist.htm>

39. Check your local grocery store for college or senior citizen discounts. They also might have a frequent buyer club!

40. If your grocery store has a savings card, sign up to use one. Many of these cards have special discounts or will print out money saving discounts for you to use.

41. Seal your products in ziplock bags or rubbermaid containers so that they will stay fresher longer.

42. Check out other websites to help you save money at:

<http://www.couponcorner.net/couponlinks/bodycouponlinks.html>

43. Watch for Sales on your favorite foods and stock up. Do you love Kraft Mac & Cheese? Is it on sale this week? Buy a month worth. Stock up today, and save money tomorrow!

44. Allow yourself to eat out a maximum of 1 -2 times a month. Instead, prepare quick meals at home which resemble fast food style meals. Does your family love Kentucky Fried Chicken? Buy a box of Instant Mashed Potatoes, Banquet Chicken & canned corn.

45. Ask your friends & relatives to save the Sunday coupon flyers from their local papers for you.

46. The more you plan your grocery budget, the less you will spend.

47. Rent a movie. Get out every pair of scissors in the house. Have your entire family cut & organize coupons while they watch the movie.

48. The less time you spend in the grocery store the better. Studies prove that the longer you are in the store, the more you will spend. Go to the grocery store

during a time when there won't be a lot of people. This will help you get in & out of the store quickly.

49. Analyze all of your purchases in your cart before heading to the check-out. Be sure to take out the items one at a time. Ask yourself with each product, do I really need this? Is it fattening? Is it worth the price I will have to pay? Put back any items that don't pass the test. If you really want the products, you can buy them next week. This tip can easily cut your bill by 1/3 especially if you tend to be an impulse buyer. (This tip is good for any purchases you make at all stores.)

50. Shop around. Never accept a price you believe is too high. Chances are you are RIGHT!

51. Feed your family healthy meals. Healthier meals cost less. This is only true when you make the healthy foods from scratch not pre-packaged meals.

52. Don't buy salad in a bag. Buy a head of lettuce instead.

53. Make your own cleaners. See directions below. They clean better, they are safer for the environment and they cost LOTS less!

54. Don't buy toothpaste without a coupon and/or sale. Often you can buy toothpaste for 50 cents to \$1 a tube if you look.

55. ALWAYS check the clearance bins. Especially in department stores. The items are often new & unharmed. The manager just wants to clear away shelves to make room for new inventory.

56. Be careful not to buy clearance items (such as medicine) with expiration dates already expired.

57. When you buy milk, don't buy the milk in front. Buy the milk in the back. This will allow you more time to use the product before it spoils.

58. Many items can be used several weeks even months AFTER their SELL BY date. Check texture, smell & taste before throwing away the product.

59. See a sale item, but the store is out of that item? Get a rain check. Ask the manager. They are usually happy to assist you.

60. Buy the coupons you need each month at Gail's Coupon Corner <http://www.coupon-corner.com> Her service is fast & you get to choose the coupons you want to buy from her. She has a great service at a low price!

61. Subscribe to Freebie Coupon Corner's e-mail listbot for monthly grocery tip updates & other money saving information. Visit <http://fcc.listbot.com>. It is FREE

to join!

62. Freeze items in your freezer if you are not going to eat it right away. This will also allow you to take advantage of sale items.

63. When you prepare meals, double or triple the amount you usually make. Then freeze the items into individual servings for future quick meals on the go.

64. Don't leave milk out of the refrigerator for long in the summertime. It spoils quicker in the heat.

65. Don't buy snacks at gas stations. The prices are much higher than grocery stores. If you want that item, travel a block to your local grocery store & then grab it.

66. Do you drink a lot of bottled water? Save your plastic containers & re-use them. Boil the caps in hot water & wash the plastic containers in your dishwasher. Then refill them with pure cold drinking water & remember to bring them along on long trips and sporting events.

67. Check your local grocery stores for a coupon box (usually near the front of the store). Some grocery stores have a coupon box with many different coupons in them. You can donate coupons you won't use & take coupons you can use.

68. Encourage your children to try new things. It is not good for them to become picky eaters. It will take your child up to 11 times of trying a food before he/she will like it. All it takes is 11 bites on 11 different occasions. It will also save you money and time if you are not buying & preparing special meals for each member of your family.

69. The cat and dog food industry would rather you think otherwise, but food scraps are actually healthier for your animal than the commercial pet food as long as you do not feed your animal sweets, junk food or lots of grain. Feed your animal meats and vegetable (most common vegetables are fine: peas, beans, & carrots) scraps & save money on pet food. Corn is not considered a vegetable. It is a starch. (This method is what everyone used to do before 1950's and the advent of commercial pet food and animals lived healthier & longer.) You would be surprised at the type of items they throw in your commercial pet food (including tumors from dead animals!). This information was taken from Dr Richard Pitcairn D.V.M. PH.D book on Natural Health for Dogs & Cats. I have more sources to back up this information, if you are interested in a healthier pet & saving money on pet food e-mail me at: [freebie@couponcorner.net](mailto:freebie@couponcorner.net) My cat developed a tumor a couple years ago after being on commercial food for over 16 years. The doctor said the tumor would most likely come back. We switched her to natural food (commercial food made to imitate food they eat in the "wild" in other words table scraps) and her tumor hasn't come back!! She will now be

celebrating her 20th birthday in April. (When diagnosed with the tumor, the vet gave her up to 6 months to live. With the help of prayer, natural food & special surgery; she has lived over 4 years past when she was expected to die.)

70. Buy generic food products. Many times the generic items taste just as good as the fancy name brand items.

71. Look for change in the parking lot on your way into the store. (just teasing - but you never know you might save a quarter this way)

72. Buy bagged cereal instead of boxed cereal.

73. Put your cart away after shopping. This helps reduce the number of employees the store has to hire and keeps the prices down.

74. Save frozen item purchases until the end of your trip.

75. Do you live far away from a low price grocery store or warehouse? Buy a cooler (\$80-\$100) that plugs into the cigarette lighter in your car. You can buy frozen items at lower prices & store them in the cooler on the long ride home.

76. Buy meat in bulk from local farmers. Go in on the purchase with neighbors or friends.

77. Place bread in your freezer if you don't plan to eat it right away. You can also buy bread on sale this way. Double wrap it with some type of plastic or freezer paper to prevent freezer burn.

78. Pack lunches for work and school instead of eating from a machine.

79. Buy cup that keeps beverages cold or hot during the day. Use this to bring a beverage to work & prevent from buying from a machine. Or bring a water bottle to work.

80. Bring silverware from home instead of buying plastic. You can bring it home and wash it.

81. Do you like to buy coffee from your local gas station? Buy their frequent members cup for inexpensive refills (usually good for one year).

82. Visit the Dollar Stretcher for more money saving articles to reduce your grocery bill <http://www.stretcher.com>

83. Watch for department stores that do monthly rebates (such as Shopko and Walgreens). You can receive many FREE health and beauty items this way.

84. Write to the company addresses on the back of the products you normally buy. Tell them what you like and/or dislike about their products. Include comments which focus on your some or all of your five senses (sight, sound, smell, taste, and touch). Companies appreciate knowing how they can better serve their consumers. Many companies often have websites & you can write to them and comment on their products on-line. Freebie Coupon Corner Newsletter is a great resource to have when you are writing letters to different companies. I created Freebie Coupon Corner newsletter, because I believe that writing to companies goes hand in hand with saving lots of money on your grocery bill. Freebie Coupon Corner is published once a month and deals with topics & questions such as what do I write, how to create a successful letter, who to write to, where to write, what am I likely to receive in return & more!

85. Avoid "Milk & Bread Runs" whenever possible. These are the times you are most likely to impulse buy. Figure out how long one loaf of bread and one gallon of milk lasts for your family.

\*\*\*\*\* For the Especially Tight Budget \*\*\*\*\*

86. When your bread slices becomes hard and stale, put each bread slice in hardened brown sugar to soften it back up.

87. Reduce your costs by figuring out the price per calorie. Divide the cost by the number of calories. This will help you decide which foods are the least expensive.

88. Soften hard dinner rolls by zapping them in the microwave for a few seconds on a low setting with a cup of water placed next to the rolls. The rolls will absorb water & soften it up. Don't zap it for too long or too high of a setting or it will turn into a brick as you eat it.

89. Some Examples of Inexpensive Foods are : Macaroni, canned vegetables & Ramen Noodles.

\*\*\*Make Your Own Cleaners for a Fraction of the Price\*\*\*

90. Window Glass Cleaner - use one half-cup ammonia (non-sudsy), 2 teaspoons of white vinegar and one quart of water to make your own.

91. Scouring Powder- mix together 1-cup baking soda, 1 cup Borax and 1-cup salt.

92. All Purpose Solution - mix one-part ammonia and three parts water in a spray bottle. Use it on counter tops as an all-purpose solution.

93. Tile Cleanser - Mix ¼-cup baking soda, ½-cup vinegar, 1-cup ammonia and one gallon warm water.

94. A Vinegar & Water Solution has many purposes such as cleaning vinyl floors and to wash windows. It will also remove strong odors from fabric. Mix together one-half vinegar & one half water.

95. Clean your stainless steel sink - use a mixture of baking soda and salt to clean it.

96. Baking Soda alone or mixed with water is a great cleaner. It will naturally freshen, clean & deodorize.

97. Disinfectant: 1/4 cup borax in 1/2 gallon hot water. This disinfectant recipe was used in California hospitals for a year and met all the germicidal requirements.

\*\*\*Make Your Own Grocery Products\*\*\*

98. Homemade Croutons or Bread Crumbs

Take the ends of a loaf of bread, or any part that you would normally throw away. If desired, season with oregano, onion powder, or a bit of salt and pepper, and toast until lightly browned. Once toasted, let the bread sit out to harden. This takes about 12 hours. Once the bread has hardened, put it in a plastic zipper bag and with a rolling pin, crush the bread into crumbs. For croutons, instead of crushing the bread, just cut it into cubes.

99. Homemade Tomato Puree.

Use 5 big tomatoes. Dip tomatoes in boiling water for one minute. Remove. Peel off skin and remove hard seeds. Liquidize.  
Use as needed.

100. Buy Health & Beauty Products from your local dollar store or the on-line dollar store at: <http://www.dollarstore.com> ((Note if you buy the products on-line there will probably be a shipping charge))

101. Find recipes on the internet for other great household products you can make yourself.