

## **Couponsing 101**

### **Rules of Couponsing:**

- The item must be identical to the item on the coupon (Brand, packaging, weight, color & size)
- Must use the coupon before the expiration date! You can use it the day of the expiration date but not past that date (highlighting and circling the date can help)
- The coupon must be valid in Canada and show a Canadian address
- Must have a barcode for the scanner to read (can't be torn)
- Some online coupons must be printed
- Coupons can be redeemed at any time during a transaction (just let the teller know you have coupons)
- Ad match can be used with the coupon
- There is no limit to the amount of coupons per transaction but rather a limit to the number of one coupon per item
- Organize your price match products to have ready for the teller with proof of price matching through the flyers, the Flipp app or Checkout 51 app
  - Search flyer deals and coupons by item, brand, or category to quickly find the best deals
- The best deals are usually around the middle to end of the month

### **Save Money by Looking at Discount Racks and Shelves in the Following Stores:**

- Loblaws has 50% take me home tonight sticker discounts can be found throughout the store (best at Southdale and Wonderland)
- Farm Boy has 50% sticker discounts
- Real Canadian Superstore has 30% off stickers (Tuesdays and Thursdays are often good for meats)

**Canadian Online Printable Coupons:** (having a separate email account for couponsing can be useful to stay organized)

- Save.ca
- Websaver.ca
- GoCoupons.ca
- Brandsaver.ca
- Kraft.ca

### **Other ways to Save You Money:**

- Groupon- Spas, Sports, Restaurants, Entertainment
- WagJag- Spas, Sports, Restaurants, Entertainment
- Travelocity- Hotels, Travelling Transportation
- Air Miles- LCBO, Grocery Stores, Gas Stations
- PC Points- Superstore, No Frills, Loblaw's (every 1000 points= 1\$)
- Scene Points- Movies, Harvey's, Sports Chek, East Side Mario's

### **List of Stores Who Price Match and Accept Coupons:**

#### ***Canadian Tire***

- Must be done at customer service desk
- The item must be the exact look alike
- Accepts manufacturer coupons only

#### ***Fresh Co.***

- Limit of 2-4 of the same product
- Save 1 cent per price match
- Accepts manufacturer and printable coupons

#### ***Food Basics***

- Accepts both manufacturer and printable coupons

#### ***Giant Tiger***

- Accepts both manufacturer and printable coupons

#### ***No Frills***

- Limit of 4-6 of the same product
- Can collect PC Points
- Accepts manufacturer and printable coupons

#### ***Real Canadian Superstore***

- Can collect PC Points
- Accepts manufacturer and printable coupons

#### ***Walmart***

- Accepts both manufacturer and printable coupons

## **List of Stores Who Only Accept Coupons:**

### ***Foodland***

- Accepts manufacturer coupons and printable coupons (store only coupons)

### ***Loblaws***

- Can collect PC Points
- Accepts manufacturer and printable coupons

### ***Metro***

- Accepts manufacturer coupons and printable coupons (store only coupons)
- Can collect Air Miles

### ***Rexall***

- Accepts manufacturer coupons and printable coupons
- Can collect Air Miles

### ***Shoppers Drug Mart***

- Accepts manufacturer coupons and printable coupons
- Can collect Optimum Points

### ***Sobeys***

- Accepts manufacturer coupons and printable coupons
- Can collect Air Miles

### ***Valu-Mart***

- Accepts manufacturer and printable coupons

## **To Learn More on Saving Money Follow:**

- Coupon Trade or Coupon Group on Facebook
- Coupon Christine (on YouTube and twitter also)