

# Bargain Mom's You Can Coupon

## KEY TERMS

**B1G1 or BOGO** - Buy One Get One Free or half price or at a discounted rate.

**ECB** - ExtraCare Bucks (CVS)

**CC** - Competitors Coupon (You'll need to know this for Publix shopping)

**FAR** - Free-after-Rebate

**IP** - Internet Printable

**OOP** - Out-of-Pocket

**MFG** - Manufacturer Coupon

**MIR** - Mail-in-Rebate

**MOC** - Money Off Coupon aka DOC Dollar Off Coupon

**P&G** - Proctor and Gamble insert

**Print Limit** - Internet printable coupons have a limit set by the manufacturer. Once that limit is reached the coupon is no longer available. Your computer is often tagged and it's not something you can shake by deleting your cookies.

**RP** - Red Plum insert

**RR** - Register Rewards (Walgreens)

**SC** - Store Coupon

**SCR** - Single Check Rebate (Rite Aid)

**Stacking coupons** - Using a MFG coupon and a store coupon on the same product. Publix and Target allow you to do this.

**SS** - Smart Source insert

**WYB** - When You Buy also WYP when you purchase.

**YMMV** - Your mileage may vary - as in the price may be different in your area.

## ONLINE RESOURCES

For great Publix coupon and ad matches I use  
[www.southernsavers.com](http://www.southernsavers.com), [www.iheartpublix.com](http://www.iheartpublix.com)

You can also sign up for [www.afullcup.com](http://www.afullcup.com).

### Other great hotspots

[www.coupons.com](http://www.coupons.com)  
[www.couponmom.com](http://www.couponmom.com)  
[www.smartsource.com](http://www.smartsource.com)  
[www.redplum.com](http://www.redplum.com)  
[www.couponnetwork.com](http://www.couponnetwork.com)

## COUPON SOURCES

**The Birmingham News** - (OF COURSE) You want the Wednesday and the Sunday paper because one has food ads, the other has coupons. Ask for specials when you call 205-325-2222.

**Manufacturers** - Sign up for email newsletters for your favorite products and companies.

**Network** - If you know mom doesn't use coupons, ask her to save them for you. Create a coupon trading system with friends.

**Internet** - Each month for example [www.coupons.com](http://www.coupons.com) loads new printable coupons for you to print at your leisure.

**Blinkies/Peelies** - These are found on products in the store or the little machine attached at the shelves.

**Catalinas** - These are coupons that print at the register (Think Winn-Dixie).

**All You Magazine** - This is a magazine that's only sold at Wal-Mart or through subscribing. Amazon and Southern Living Home sales associates often offer better deals on subscriptions throughout the year. The cost at the rack is around \$3. Comes out each month.

**Facebook and Twitter** - Follow your favorite companies and products on the social networking sites for freebies and coupons.

## STORES THAT DOUBLE

**Food World, Bruno's, Publix, Winn Dixie** - 50 cents everyday.

**Food Giant** - \$1 on Mondays only.

**Western** - 65 cents everyday.

**Piggly Wiggly** - varies by location.

**Fred's** - up to 70 cents on Saturdays only.

## DEFINITIONS

**Doubling Coupons** - Means the store will give you double the value of the coupon up to the stores maximum.

**Stockpiling** - Buying items you need when you don't need them.

**Coupon match-ups** - A list of all the deals in an ad with coordinating available coupons to lower your out of pocket per item.