



Welcome To Food Families!





Couponing 101

Module 3



So...?

- Does anyone remember the “plate method”? Did you try it?
- What’s one healthy eating principle you implemented this past week?



Agenda

- What, Where, Why Of Coupons
- Cashier Etiquette
- Organizing Your Coupons
- Involving Your Family In Couponing
- Rewards Programs



A Few Questions...

- Have you ever had a funny or frustrating experience with coupons?
- Does anyone refuse to use coupons? Why?
- Have you ever argued with a cashier/manager about a coupon?
- Where is the most unusual place you have found a coupon?
- What is the most money you have ever saved using coupons?



What Are Coupons?



What Are Coupons?

A coupon is a ticket or document that can be redeemed for a financial discount or rebate when purchasing a product.



Why Should You Coupon?



Why Should You Coupon?

- You can save a lot of money!!
- It's a great way to try new products at a fraction of the cost



Where Can You Find Coupons?





Online Reference Sites

- www.mrsjanuary.com
- www.simplyfrugal.ca
- www.groceryalerts.ca
- www.canadianfreestuff.ca
- www.savealoonie.ca
- www.redflagdeals.com
- www.save.ca
- www.smartcanucks.ca



At The Store

We need some “actors” to show us what could go wrong.

- What frustrations might the customer have to deal with?
- What frustrations might the cashier have to deal with?



Cashier Etiquette

- Good customer service can start with you being as prepared as possible



Organizing Your Coupons

- Organizing your coupons will be important
- There are many ways to organize coupons...here are just a few



Organizing Your Coupons

- Category layouts
- Expiry date layout – sorted by month
- Combination layout – category & expiry
- Alphabetical layout



Involving Your Family

It's never too early to help your children understand the beauty of saving money.





Rewards Programs





What is one idea you hope to implement this week?

Do you have any other questions?



Let's see who can collect the most coupons this week.

Sign up for Rewards Programs.

Save money!